



Pineapple Chicken Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

420 calories

8g total fat

925mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 2 TB vegetable oil**
- 1.5 lbs. Chicken Breast
- Salt & Pepper, to taste**
- 1 bunch green onions, thinly sliced
- 3 cloves garlic, minced
- 20 oz. can pineapple chunks in 100% juice, reserve juice & chop chunks
- 1/4 cup Cholula hot sauce, or to taste
- 3 TB honey
- 12 flour tortillas
- Pineapple chunks, thinly sliced
- Fresh cilantro, chopped

Broccoli Slaw:

- 12 oz. broccoli slaw
- 1/2 cup mayonnaise
- 1 TB chipotle in adobo sauce, or to taste
- 1 lime, zested & juiced

1. Preheat oven to 400 degrees. Drain **pineapple juice** from can into a small mixing bowl and add **1/4 cup Cholula (or to taste depending on spice preference), 3 TB honey** and whisk to combine, set aside to use in Step 3.
2. PREP PRODUCE & SET ASIDE: Chop **pineapple chunks** into smaller pieces. Thinly slice **green onions**, discarding root end and top 1/2 inch. Mince **3 cloves garlic**. Chop **cilantro leaves**. Zest and juice **lime**.
3. BROCCOLI SLAW: In a large bowl, whisk together **1/2 cup mayonnaise, 1 TB chipotle in adobo (or to taste depending on spice preference), zest of 1 lime, and lime juice**. Add in the **broccoli slaw** and toss to combine well.
4. In a large skillet, heat **2 TB vegetable oil** over medium high heat. Season both sides of **chicken breast** with **salt & pepper** to taste. Add chicken to pan, cook 5 minutes, turn over, and cook another 5 minutes. Add the **sliced green onions, minced garlic** and continue to cook another minute. Add the **pineapple juice mixture from Step 1** to the pan, bring to a simmer and cook for another 10 to 12 minutes. Once the chicken is cooked through, remove chicken from the pan to a cutting board. Lower the heat of the pan and continue cooking to reduce the sauce to a syrup consistency. Slice or dice the chicken.
5. Shingle the **tortillas** on a baking sheet and warm in preheated oven for 5 minutes.
6. To assemble the tacos, place warmed tortillas on a plate, add sliced chicken, spoon over some reduced sauce from skillet if desired, top with chopped **pineapple chunks, broccoli slaw, and cilantro**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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