



Blackened Chicken Tacos

Prep Time: 10 min

Cook Time : 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

375 calories

20 g fat

160 mg sodium



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

- 1.5 lbs. Chicken Cubes
- 2-3 TB Olive Oil**
- 1 TB Blackened Seasoning (1/2 tsp salt, 1/2 tsp black pepper, 1 tsp paprika, 1/4 tsp garlic powder, 1/8 tsp cayenne pepper, 1/4 tsp oregano)
- 12 Corn Tortillas
- 1 Cup Red Cabbage, shredded
- 4 Green Onions, thinly sliced
- 1 Cup Cheddar Cheese, shredded
- 1/4 Cup Cilantro, chopped and separate out 1TB

Avocado Sauce

- 1 Avocado, peeled and pitted
- 3 TB Plain Greek Yogurt
- 1 Lime, cut in half and squeeze out 2TB lime juice
- 1 TB Cilantro, chopped

DIRECTIONS:

1. Place chicken cubes in a large bowl and sprinkle **blackened seasoning** over and toss to combine.
2. Place **oil** into nonstick skillet and heat to medium heat. Add **coated chicken cubes** and cook 8-12 minutes, stirring to cook all sides or until done, breaking any larger cubes into smaller pieces
3. To prepare the **Avocado Sauce**: in a food processor/blender/small bowl (mash with fork), place the **avocado flesh, yogurt, lime juice, and 1 TB cilantro** and process/mash until smooth and thoroughly combined.
4. Warm the **tortillas** by wrapping the stack of tortillas in damp paper towels or a damp kitchen towel, then wrap in plastic wrap and place on a microwavable safe plate and microwave until warm and flexible 30-60 seconds OR warm on the stovetop by cooking 1 minute per side on medium high heat in a pan.
5. To assemble the tacos, place **cooked chicken cubes** in a **tortilla** and top with **cabbage, chopped cilantro, sliced green onions, shredded cheese, and avocado sauce**.

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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