

Mexican-Style Chicken Tortas

with Tomato, Avocado & Cucumber Salad

The word “torta” was originally used to describe a wide variety of flatbreads served in Spain (in fact, “torta” is where the word “tortilla” comes from). In Mexico, the word has come to refer to a special kind of sandwich served on a roll stuffed with any number of savory fillings. In this dish, we’re filling the sandwiches with traditionally-spiced chicken, avocado, tomato, marinated onion, cilantro and queso fresco. On the side, we’re serving up a tasty salad featuring summer cucumber. Depending on what’s best in your area, the summer cucumber you receive may look different from what’s pictured. But don’t worry: just use it exactly as instructed!



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 2 Torta Rolls
- 1 Red Onion
- 1 Avocado
- 1 Tomato
- 1 Lime
- ½ Pound Summer Cucumber
- 1 Large Bunch Cilantro

Knick Knacks

- 1 Ounce Queso Fresco
- 1 Tablespoon Red Wine Vinegar
- 2 Teaspoons Chicken Torta Spice Blend
(Ancho Chile Powder, Mexican Oregano, Smoked Sweet Paprika, Garlic Powder & Ground Cumin)

Makes 2 Servings

About 630 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Halve the torta rolls. Halve the tomato; thinly slice 1 half and medium dice the remaining half. Cut off and discard the ends of the cucumber; large dice. Pick the cilantro leaves off the stems; discard the stems. Crumble the queso fresco. Peel, halve and thinly slice the onion; place in a bowl with the **vinegar**. Quarter the lime. Halve, pit and peel the avocado; thinly slice 1 half and medium dice the remaining half. Top with **the juice of 1 lime wedge** to prevent browning.

2



Cook the chicken:

Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper and **all but a pinch of the spice blend**. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a cutting board. Wipe out the pan.

3



Make the salad:

While the chicken cooks, in a medium bowl, combine the **cucumber, diced avocado, diced tomato** and **half the marinated onion**; season with salt and pepper. Add **the juice of the remaining lime wedges** and a drizzle of olive oil; toss to combine and season with salt and pepper to taste.

4



Assemble the tortas:

When the **cooked chicken** is cool enough to handle, thinly slice crosswise on an angle. Lay the **torta rolls**, cut sides up, on a clean, dry work surface. Divide the **sliced chicken, sliced avocado, sliced tomato, as much of the remaining marinated onion as you'd like** (you may have extra) and **half of both the cilantro and queso fresco** (reserve the rest for garnish) between the roll bottoms; season with salt and pepper. Complete the sandwiches with the tops of the rolls.

5



Toast the tortas:

In the pan used to cook the chicken, heat 2 teaspoons of olive oil on medium until hot. Add the **assembled tortas**. Place a heavy pot on top of the tortas to press them down. Cook 3 to 5 minutes per side, or until toasted and lightly browned. Transfer the toasted tortas to a cutting board.

6



Plate your dish:

Cut each **toasted torta** in half diagonally. Divide the sandwiches between 2 plates. Garnish the **salad** with the **remaining cilantro, queso fresco and spice blend** and serve on the side. Enjoy!