

Spiced Chicken & Honeynut Squash Tostadas

with Pickled Red Onion

TIME: 35-45 minutes

SERVINGS: 2

These zesty tostadas get depth of flavor from red onion used two ways: roasted with petite honeynut squash to bring out their sweetness, and pickled with a bit of vinegar and sugar for bright, tangy flavor. We're piling the roasted vegetables along with Mexican-spiced chicken onto toasted tortillas. With a cooling layer of sour cream—and pops of tartness from the pulp of finger limes—tonight's dish has all the satisfying texture and flavor tostadas are known for. (Chefs, honeynut squash can have beautiful green stripes.)



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Ingredients



10 oz
CHOPPED
CHICKEN BREAST



1
HONEYNUT
SQUASH



1
RED ONION



4
CORN TORTILLAS

KNICK KNACKS:



2 Tbsps
APPLE CIDER
VINEGAR



1 Tbsp
MEXICAN SPICE
BLEND*



2
FINGER LIMES



2 Tbsps
SUGAR



½ cup
SOUR CREAM

Did You Know?

These finger limes were grown on Shanley Farms in Morro Bay, California.

* Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin, & Dried Mexican Oregano



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1 Prepare the ingredients & season the sour cream:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the squash ends, then carefully peel. Halve the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into ¼-inch-thick pieces.
- ☐ Peel the onion; halve lengthwise. Cut 1 half into ½-inch-wide wedges. Thinly slice the remaining half crosswise.
- ☐ Halve the finger limes crosswise.
- ☐ In a bowl, combine the **sour cream** and a drizzle of olive oil. Season with salt and pepper to taste.



2 Roast the vegetables:

- ☐ Place the **squash** and **onion wedges** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in an even layer.
- ☐ Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. Set aside in a warm place.



3 Pickle the onion:

- ☐ While the vegetables roast, in a small pot, combine the **sliced onion**, **2 teaspoons of sugar** (you will have extra sugar), the **vinegar**, and **¼ cup of water**; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to medium-high and cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and the sugar has dissolved.
- ☐ Turn off the heat. Set aside to cool for at least 10 minutes.



4 Toast the tortillas:

- ☐ While the onion cools, place the **tortillas** on a separate sheet pan. Drizzle with olive oil and season with salt and pepper; turn to coat. Arrange in a single layer.
- ☐ Toast in the oven 9 to 11 minutes, or until lightly browned and crispy. Leaving the oven on, remove the toasted tortillas from the oven.



5 Cook the chicken:

- ☐ While the tortillas toast, pat the **chicken** dry with paper towels. Place in a bowl; season with salt, pepper, and the **spice blend**. Toss to coat. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken; cook, stirring occasionally, 2 to 4 minutes, or until lightly browned.
- ☐ Add **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off and the chicken is cooked through. Turn off the heat; set aside in a warm place.



6 Assemble the tostadas & plate your dish:

- ☐ Transfer the **toasted tortillas** to a work surface. Evenly divide **half the seasoned sour cream** among the toasted tortillas. Top with the **cooked chicken**, **roasted vegetables**, and **as much of the pickled onion as you'd like** (draining before adding). Top with the **remaining sour cream**.
- ☐ Divide between 2 dishes. Using your fingers, squeeze upwards from the bottoms of the **finger limes** to release the pulp; serve on the side. Enjoy!