

Grilled Chicken Tacos

with Fresh Tomato Salsa &
Lime Sour Cream

2 OR 4 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Boneless, Skinless
Chicken Breasts or
4 for 4 servings



4 oz Grape Tomatoes
or ¼ lb for
4 servings



2 Tbsps Grated
Cotija Cheese



1 Tbsp Mexican Spice
Blend¹



4 Flour Tortillas or
8 for 4 servings



1 Lime



¼ cup Sour Cream or
½ cup for 4 servings



1 Zucchini or 2 for
4 servings



2 Scallions or 4 for
4 servings



1 oz Sliced Pickled
Jalapeño Pepper



Serve with Blue Apron
wine that has this symbol
blueapron.com/wine

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

Making this recipe indoors?

The steps featured below provide cooking instructions for a grill—but that doesn't mean it's any less delicious when prepared in your kitchen. Scan this QR code for helpful tips for transitioning grill recipes to your oven or stovetop.



1 Prepare the ingredients

- Preheat your grill to maintain a temperature of 450-500°F. Carefully oil the grill grates.
- Wash and dry the fresh produce.
- Halve the **tomatoes**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Quarter the **zucchini** lengthwise.
- Halve the **lime** crosswise.
- Roughly chop the **pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **sour cream** and the **juice of 1 lime half**. Season with salt and pepper.



2 Make the tomato salsa

- In a bowl, combine the **halved tomatoes**, **sliced white bottoms of the scallions**, the **juice of the remaining lime half**, **2 teaspoons of olive oil**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Grill & slice the chicken

- Meanwhile, pat the **chicken** dry with paper towels; drizzle with **2 teaspoons of olive oil** and season on both sides with salt, pepper, and **half the spice blend**.
- Grill 7 to 8 minutes per side, or until browned and cooked through.*
- Transfer to a cutting board. When cool enough to handle, slice crosswise.



4 Grill & cut the zucchini

- Place the **quartered zucchini** in a bowl. Drizzle with **2 teaspoons of olive oil** and season with salt, pepper, and the **remaining spice blend**; turn to coat.
- Grill 3 to 5 minutes per side, or until charred and softened.
- Transfer to a cutting board. When cool enough to handle, cut crosswise into 2-inch pieces.



5 Toast the tortillas & serve your dish

- Add the **tortillas** to the grill and toast 30 seconds to 1 minute per side, or until charred. Transfer to a work surface.
- Assemble the tacos using the **toasted tortillas**, **lime sour cream**, **sliced chicken**, and **tomato salsa**.
- Serve the **tacos** with the **grilled zucchini** on the side. Garnish the zucchini with the **cheese** and **sliced green tops of the scallions**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

