

HELLO Mexican Baked Chicken

with Seasoned Rice

Family Friendly 25–35 Minutes





Thighs + 280 g | 560 g

Breasts •



Chicken Breasts

2 | 4



Mexican Seasoning

2 tbsp | 4 tbsp



Corn Kernels





Tomato Salsa



Pepper

1 | 2

1/2 cup | 1 cup

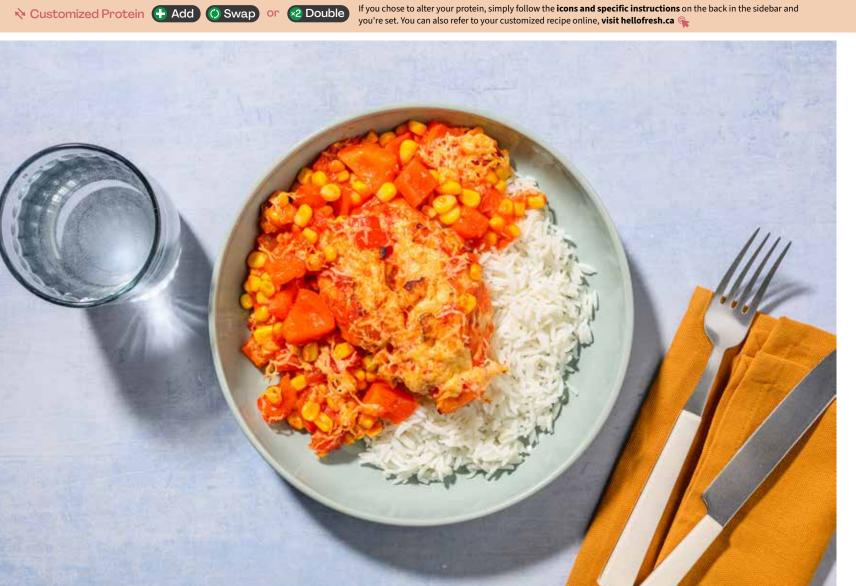




Chicken Broth Concentrate 1 | 2



Cheddar Cheese, shredded ½ cup | 1 cup



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, 8x8" baking dish



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Using a strainer, rinse rice until water runs clear.
- To a medium pot, add 1 cup (2 cups) water, broth concentrate and 1/8 tsp (1/4 tsp) salt. Cover and bring to a boil over high heat. Add rice to the boiling water, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-15 min.
- Remove from heat. Set aside, still covered.



Prep

O Swap | Chicken Thighs

🔀 Double | Chicken Breasts

- Core, then cut **pepper** into 1/4-inch pieces.
- Pat chicken dry with paper towels. Season with Mexican Seasoning and salt.



Start chicken

- · Heat a large non-stick pan over mediumhigh, then add 1 tbsp (2 tbsp) oil. When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook until golden-brown, 2-3 min per side.
- Transfer **chicken** to a 8x8-inch (9x13-inch) baking dish. Set aside.



2 | Prep

2 | Prep

Measurements

within steps

1 tbsp

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

(2 tbsp)

oil

4 person Ingredient

😡 Double | Chicken Breasts

Swap | Chicken Thighs

If you've opted for double chicken, prep and cook in the same way the recipe instructs you to prep and cook the regular portion of chicken.

If you've opted for **chicken thighs**, prep and

cook **chicken thighs** in the same way you

would prep and cook chicken breasts.



Cook veggies

- Reheat the same pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then peppers and corn. Cook, stirring often, until tender, 4-5 min.
- Add salsa and 2 tbsp (4 tbsp) water. Stir to combine.



Finish Mexican chicken bake

- Pour salsa-veggie mixture over the chicken. Sprinkle with cheese.
- Bake chicken in the middle of the oven until cooked through, 8-10 min.**



Finish and serve

- Fluff the rice with a fork.
- Divide **rice** between plates, then top with baked chicken-salsa mixture.

^{**} Cook to a minimum internal temperature of 74°C/165°F.