



# BBQ Glazed Chicken Bowls

with Cajun-Inspired Rice

Quick

25 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Thighs



Chicken Breasts



Southwest Spice Blend



BBQ Sauce



Parboiled Rice



Chicken Stock Powder



Green Onion



Green Bell Pepper



Corn Kernels



Tomato Sauce Base

HELLO SOUTHWEST SPICE BLEND

*This blend is crucial in Tex-Mex dishes and adds Southern flair to this rice bowl!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Southwest Spice Blend	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Parboiled Rice	¾ cup	1 ½ cups
Chicken Stock Powder	1 tbsp	2 tbsp
Green Onion	1	2
Green Bell Pepper	200 g	400 g
Corn Kernels	113 g	227 g
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.

## Contact

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### 1 Prep and cook rice

- Heat a large pot over medium-high heat.
- While the pot heats, thinly slice **green onion**, keeping white and green parts separate.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **green onion whites, stock powder, rice, tomato sauce base** and **2 tsp** (4 tsp) **Southwest Spice Blend**. Cook, stirring often, until fragrant and **rice** is coated, 1 min.
- Increase heat to high, then add **1 ¼ cups** (2 ½ cups) **water**. Bring to a boil, scraping up any brown bits on the bottom of the pot.
- Once boiling, cover and cook for 16-18 min.



### 4 Cook veggies

- When **chicken** is in the oven, return the same pan to medium-high.
- Add **½ tbsp** (1 tbsp) **butter**, then **peppers** and **corn**. Cook, stirring occasionally, until **veggies** soften slightly, 2-3 min. Season with **salt** and **pepper**.
- When **rice** is almost done, stir **veggies** into the pot until just combined. Cover and continue cooking until **rice** is tender and **liquid** is absorbed, 3-4 min.
- Remove from heat. Set aside, still covered.



### 2 Sear and glaze chicken

- While **rice** comes to a boil, heat a large non-stick pan over medium-high heat.
- Pat **chicken** dry with paper towels. Season with **salt, pepper** and **remaining Southwest Spice Blend**.
- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the bake time to 10-12-min.\*\*



### 5 Make sauce and finish chicken

- When **rice** and **chicken** are done, add **remaining BBQ sauce, ½ tbsp** (1 tbsp) **butter** and **2 tbsp** (4 tbsp) **water** to the same pan.
- Heat the pan over medium-high, stirring often, until **sauce** is simmering and thickens slightly, 1 min.
- Thinly slice **chicken**.



### 3 Roast chicken and finish prep

- Transfer **chicken** to a parchment-lined baking sheet, then spread **half the BBQ Sauce** over **chicken**.
- Roast on the **top** rack of the oven until **chicken** is cooked through, 8-10 min.\*\*
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Pat **corn** dry with paper towels.



### 6 Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **chicken**.
- Drizzle **BBQ sauce** over bowls, then sprinkle **remaining green onions** over top.

Dinner Solved!