



# Carb Smart Chicken Quinoa Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart

Quick

Spicy

25 Minutes



Chicken Breasts



Baby Spinach



Roma Tomato



Sour Cream



Mayonnaise



Chives



Garlic, cloves



Lemon



Jalapeño



Smoked Paprika-Garlic Blend



White Quinoa

## HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fibre and minerals!

## Start here

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

### Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

### Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

|                             | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Chicken Breasts ♦           | 2        | 4        |
| Baby Spinach                | 56 g     | 113 g    |
| Roma Tomato                 | 80 g     | 160 g    |
| Sour Cream                  | 3 tbsp   | 6 tbsp   |
| Mayonnaise                  | 2 tbsp   | 4 tbsp   |
| Chives                      | 7 g      | 14 g     |
| Garlic, cloves              | 1        | 2        |
| Lemon                       | 1        | 2        |
| Jalapeño 🌶️                 | 1        | 2        |
| Smoked Paprika-Garlic Blend | 1 tbsp   | 2 tbsp   |
| White Quinoa                | ½ cup    | 1 cup    |
| Sugar*                      | ¼ tsp    | ½ tsp    |
| 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.*

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## Cook quinoa

Add **1 cup water**, **½ tsp salt** (dbl both for 4 ppl) and **quinoa** to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and cook until **quinoa** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat and let stand, still covered, for 5 min. Transfer **quinoa** to a strainer. Run **cold water** over **quinoa** until cool. Set aside to drain.



## Make DIY jalapeño ranch dressing

Add **mayo**, **sour cream**, **garlic**, **half the chives**, **½ tbsp lemon juice**, **¼ tsp sugar** (dbl both for 4 ppl) and **1 ½ tbsp jalapeños** to a small bowl. (**NOTE:** Reference garlic guide and heat guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



## Cook chicken

While **quinoa** cooks, heat a large non-stick pan over medium heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 2-3 min per side. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\*



## Finish quinoa and make salad

Add **quinoa**, **lemon zest**, **remaining chives** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, to taste, then stir to combine. Add **1 tbsp lemon juice** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl. (**TIP:** Add ¼ tsp sugar, if desired.) Season with **salt** and **pepper**, then whisk to combine. Add **spinach** and **tomatoes** to the large bowl with **vinaigrette**, then toss to combine.



## Prep

While **chicken** bakes, cut **tomato** into ½-inch pieces. Zest, then juice **lemon**. Thinly slice **chives**. Peel, then mince or grate **garlic**. Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)



## Finish and serve

Thinly slice **chicken**. Divide **quinoa** and **salad** between bowls. Top with **chicken**. Drizzle **DIY jalapeño ranch dressing** over top. Sprinkle with any **remaining jalapeños**, if desired.

## Dinner Solved!