



# Sweet and Smoky Chipotle Chicken

with Fresh Salad and Zesty Rice

Spicy

40 Minutes



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Chicken Breasts



Double Chicken Breasts



Basmati Rice



Roma Tomato



Red Onion



Spring Mix



Lime



Chipotle Sauce



Honey



Zesty Garlic Blend

### CUSTOM RECIPE

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

Happy cooking!

HELLO CHIPOTLE SAUCE

An effortless way to add sweet, smoky heat to any dish!

## Start here

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Double Chicken Breasts	4	8
Basmati Rice	¾ cup	1 ½ cups
Roma Tomato	1	2
Red Onion	1	2
Spring Mix	56 g	113 g
Lime	1	2
Chipotle Sauce	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Butter*	1 tbsp	2 tbsp
Sugar*	2 tsp	4 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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### Prep

- Zest, then juice **lime**.
- Cut **tomato** into ¼-inch pieces.
- Peel and cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ⅛-inch slices.



### Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels.
- Season with **salt, pepper** and **remaining Zesty Garlic Blend**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook until golden, 1-2 min per side.
- Transfer to a parchment-lined baking sheet. Roast in the **middle** of the oven, 8 min. (**NOTE:** It's okay if chicken doesn't cook all the way through at this step.)

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



### Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**. Swirl pan until melted, 30 sec.
- Add **rice, diced onions** and **half the Zesty Garlic Blend**. Cook, stirring often, until **rice** is fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and ½ **tsp** (¼ **tsp**) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



### Finish chicken and make salad dressing

- Remove **chicken** from oven after 8 min.
- Spread **honey** over **chicken** and continue roasting in the **middle** of the oven until golden-brown and cooked through, 7-10 min.\*\*
- Meanwhile, add **1 tbsp** (2 **tbsp**) **pickling liquid** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, stir to mix.



### Pickle onions

- Add **remaining onions, lime juice, 2 tbsp** (4 **tbsp**) **water** and **2 tsp** (4 **tsp**) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a medium bowl.
- Set aside in the fridge to cool.



### Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest** and **any chicken juices** from the baking sheet. Season to taste with **salt** and **pepper**.
- Add **spring mix** and **tomatoes** to the large bowl with **dressing**. Toss to coat.
- Thinly slice **chicken breasts**.
- Divide **rice, chicken** and **salad** between plates.
- Drizzle **chipotle sauce** over **chicken**.

## Dinner Solved!