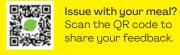


Sweet and Smoky Chipotle Chicken

with Fresh Salad and Zesty Rice

Spicy

40 Minutes





Chicken Breasts



Basmati Rice



Roma Tomato



Red Onion









Honey



Zesty Garlic Blend

Chipotle Sauce



HELLO CHIPOTLE SAUCE

Start here

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

Measurements 1 tbsp (2 tbsp) oil ngredient

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

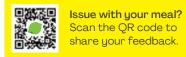
	2 Person	4 Person
Chicken Breasts •	2	4
Double Chicken Breasts	4	8
Basmati Rice	¾ cup	1 ½ cups
Roma Tomato	1	2
Red Onion	1	2
Spring Mix	56 g	113 g
Lime	1	2
Chipotle Sauce 🥒	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Butter*	1 tbsp	2 tbsp
Sugar*	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

- * 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.





Prep

- Zest, then juice lime.
- Cut tomato into 1/4-inch pieces.
- Peel and cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ½-inch slices.



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 % 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.



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.



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.



dressing

- Remove chicken from oven after 8 min.
- Spread **honey** over **chicken** and continue roasting in the **middle** of the oven until goldenbrown and cooked though, 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.



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!