



PINEAPPLE CHICKEN - DINNER

SOUTHWESTERN BURRITOS - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 670
LUNCH	TOTAL: 5 MIN	CALORIES: 710

INGREDIENTS FOR: 2-person | 4-person

- | | | | | | | |
|---|--|--|--|---|---|--|
| 
Poblano Peppers
2 3 | 
Roma Tomato
1 2 | 
Flour Tortillas
(Contains: Wheat)
2 2 | 
Chicken Breast
24 oz 36 oz | 
Southwest Spice Blend
1 TBSP 2 TBSP | 
Sour Cream
(Contains: Milk)
8 TBSP 12 TBSP | 
Mexican Cheese Blend
(Contains: Milk)
½ Cup ½ Cup |
| 
Red Onion
1 1 | 
Cilantro
¼ oz ½ oz | 
Jasmine Rice
¾ Cup 1½ Cups | 
Pineapple
4 oz 8 oz | 
Chipotle Powder
1 tsp 1 tsp | 
Lime
1 2 | |

BUST OUT • Strainer • Zester • Small pot • 2 Small bowls • Paper towel • 2 Large pans
• Olive oil (4 tsp | 8 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREP AND COOK RICE

Wash and dry all produce. Core, seed, and thinly slice **poblano**. Halve, peel, and thinly slice **onion**. Mince a few slices until you have 1 TBSP. Drain **pineapple**, reserving juice. Finely chop **tomato**. Roughly chop **cilantro**. Zest, then quarter **lime**. Place **rice** and **1 ¼ cups water** in a small, lidded pot. Cover and bring to a boil, then reduce heat to a gentle simmer. Cook until tender, about 15 minutes. Keep covered until ready to serve.



4 COOK PINEAPPLE AND VEGGIES

Meanwhile, in a separate large pan, heat a drizzle of **olive oil** over medium-high heat. Add **pineapple** and cook, stirring, until browned, 3-5 minutes. Transfer to a plate. Heat another drizzle of olive oil in same pan. Add **poblano**, sliced **onion**, and a big pinch of **salt**. Cook, stirring, until softened, about 5 minutes. Remove from heat.



2 MAKE SALSA AND CREMA

Meanwhile, in a small bowl, combine **tomato**, **minced onion**, half the **cilantro**, **1 TBSP pineapple juice**, **juice** from two lime quarters, and a pinch of **salt**. In a separate small bowl, stir together **4 TBSP sour cream** (2 packages) and a pinch of **chipotle powder**. Add **water**, 1 tsp at a time, until mixture has a drizzling consistency. Season with salt and more chipotle powder to taste.



5 FINISH DINNER

Slice **chicken**. Fluff **rice** with a fork, then stir in **lime zest** and **1 TBSP butter**. Season with **salt** and **pepper**. Set aside ½ cup rice for lunch, then divide remainder between bowls for dinner. Top with **pineapple** and half the chicken. Reserve ½ **cup poblano mixture** for lunch, then spoon remainder onto bowls along with **salsa**, **crema**, and remaining **cilantro**. Serve with remaining **lime quarters** on the side.



3 COOK CHICKEN

Pat **chicken** dry with a paper towel. Season all over with **Southwest spice**, a small pinch of **chipotle powder**, **salt**, and **pepper**. Heat a large drizzle of **olive oil** in a large pan over medium heat (use a nonstick pan if you have one). Add chicken and cook until brown and cooked through, about 8 minutes per side. Transfer to a cutting board to rest.

LUNCH



6 MAKE LUNCH

In the morning, divide reserved **rice**, **chicken**, and **veggie mixture** among **tortillas**. Sprinkle with **cheese**. Roll into wraps and pack each with **sour cream**. When ready to eat, microwave until warm, about 15 seconds. Enjoy with sour cream for dipping.