



MEXICAN CHICKEN AND RICE BOWL - DINNER

BURRITO - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 45 MIN	CALORIES: 690
LUNCH	TOTAL: 15 MIN	CALORIES: 550

INGREDIENTS FOR: 2-person | 4-person

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|--|---|--|--|---|---|--|--|
| 
Red Onion
1 2 | 
Bell Pepper*
1 2 | 
Cilantro
¼ oz ½ oz | 
Chicken Stock Concentrates
2 4 | 
Jasmine Rice
¾ Cup 1½ Cups | 
Chicken Breast Strips
20 oz 30 oz | 
Sour Cream
(Contains: Milk)
6 TBSP 8 TBSP | 
Flour Tortillas
(Contains: Wheat)
2 2 |
| 
Poblano Pepper
1 2 | 
Roma Tomatoes
2 3 | 
Lime
1 2 | 
Turmeric
1 tsp 2 tsp | 
Southwest Spice Blend
1 TBSP 2 TBSP | 
Chili Powder
1 tsp 2 tsp | 
Hot Sauce
3 tsp 4 tsp | |

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

BUST OUT

• Zester • Medium bowl • Small pot • Large pan • Paper towels • Small bowl
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp) • Butter (3 TBSP | 6 TBSP) (Contains: Milk)

DINNER



1 PREP AND MAKE SALSA

Wash and dry all produce. Halve, peel, and thinly slice onion. Mince a few slices until you have 3 TBSP. Core, deseed, and thinly slice poblano and bell pepper. Dice tomatoes. Finely chop cilantro. Zest lime until you have 1 tsp zest; quarter lime. In a medium bowl, combine tomatoes, minced onion, cilantro, juice from 2 lime wedges, salt, and pepper.



2 COOK RICE

In a small pot, combine 1½ cups water, 1 stock concentrate, ½ tsp turmeric (save the rest for another use), and a pinch of salt. Bring to a boil, then stir in rice. Cover and reduce heat to low. Cook until rice is tender, about 15 minutes. Turn off heat; keep covered until ready to serve.

Chicken is fully cooked when internal temperature reaches 165 degrees.



3 COOK VEGGIES

Meanwhile, heat a large drizzle of oil in a large pan over medium-high heat. Add sliced onion, poblano, bell pepper, half the Southwest Spice, salt, and pepper. Cook, stirring, until browned and softened, 4-6 minutes. Turn off heat; remove from pan and set aside.



4 COOK AND FINISH CHICKEN

Pat chicken dry with paper towels. Heat another large drizzle of oil in pan used to cook veggies over medium-high heat. Add chicken; season with chili powder and remaining Southwest Spice. Cook, stirring, until browned and cooked through, 6-8 minutes. Stir in remaining stock concentrate, ¼ cup water, 2 TBSP butter, and cooked veggies until thoroughly combined. Turn off heat. Season with salt and pepper.



5 FINISH AND SERVE DINNER

Fluff rice with a fork. Stir in 1 TBSP butter until melted. Season with salt and pepper. In a small bowl, combine 1 packet sour cream, lime zest, 1 tsp water, and juice from remaining lime wedges. Season with salt and pepper. Set aside ⅓ of the rice and ⅓ of the chicken mixture for lunch. Divide remaining rice and chicken between bowls. Top with half the salsa. Drizzle with crema and 1 packet hot sauce.

LUNCH



6 MAKE LUNCH FOR TWO

Divide remaining rice, remaining chicken mixture, and remaining salsa between tortillas. Roll into burritos and place in reusable containers. Pack remaining sour cream and hot sauce alongside. Reheat burritos in microwave before enjoying. Serve with sour cream and hot sauce.