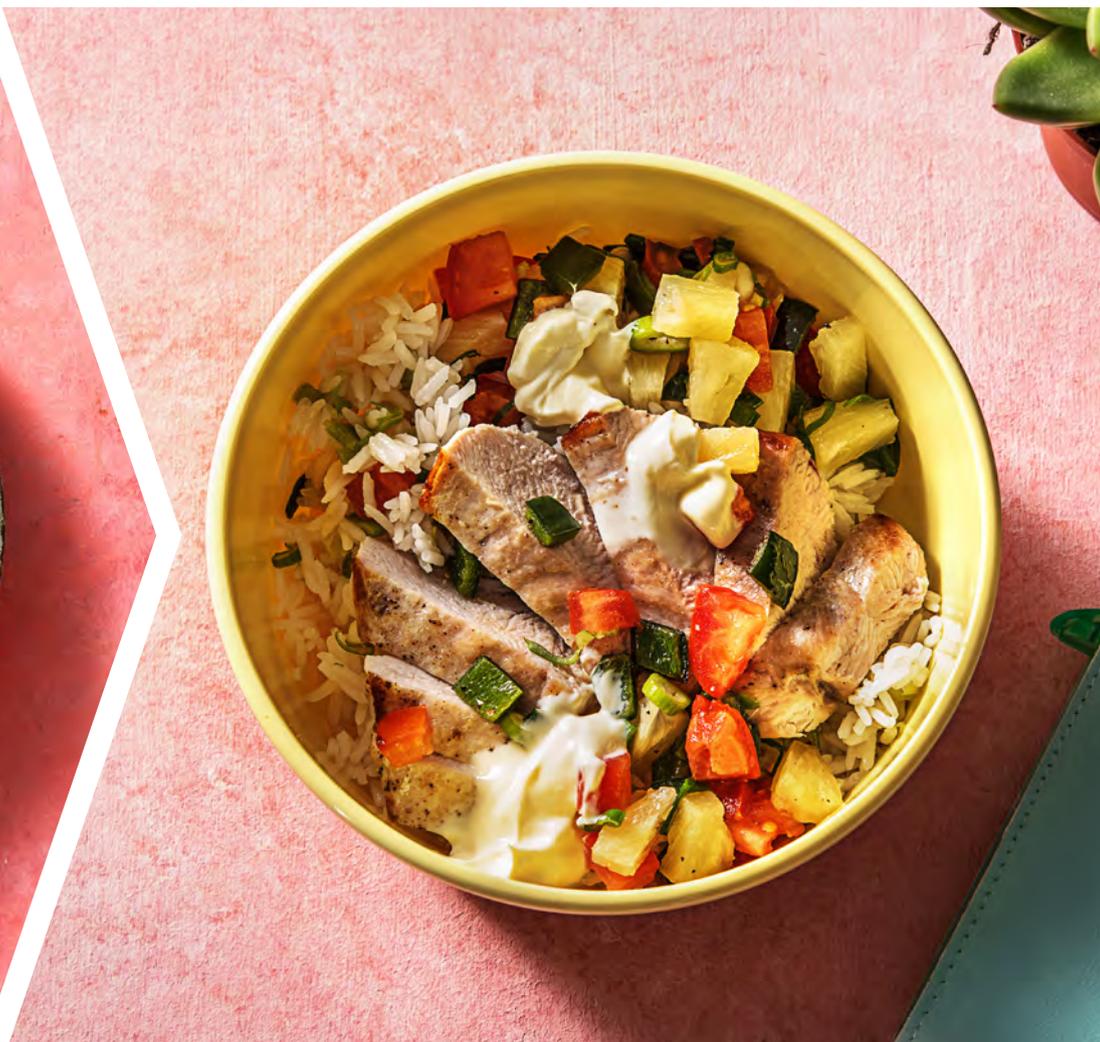




ADOBO CHICKEN - DINNER

SALSA RICE BOWL - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 40 MIN	CALORIES: 600
LUNCH	TOTAL: 5 MIN	CALORIES: 560

INGREDIENTS FOR: 2-person | 4-person

 Yukon Gold Potatoes 12 oz 24 oz	 Roma Tomato 1 1	 Lime 1 1	 Pineapple 4 oz 4 oz	 Broccoli Florets 8 oz 16 oz	 Milk (Contains: Milk) 6.75 oz 6.75 oz	 Sour Cream (Contains: Milk) 4 TBSP 4 TBSP
 Garlic 2 Cloves 2 Cloves	 Scallions 4 4	 Poblano Pepper 1 1	 Jasmine Rice ½ Cup ½ Cup	 Chicken Breasts 24 oz 36 oz	 Adobo Sauce 1 oz 1 oz	 Honey 1 oz 1½ oz

BUST OUT • Medium bowl • Large pot • Strainer • Small pot • Baking sheet • Large pan • Paper towel • Potato masher
 • 2 Reusable containers • Vegetable oil (5 tsp | 10 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Mince **garlic**. Thinly slice **scallions**, separating greens and whites. Quarter **lime**. Core and seed **poblano**, then cut into ½-inch squares. Core **tomato** and cut into ½-inch cubes. In a medium bowl, toss tomato, half the scallion greens and whites, a squeeze of lime, and all of the **pineapple** and its juice. Season with **salt** and **pepper**.

2 COOK POTATOES AND RICE

Cut **potatoes** into ½-inch cubes. Place in a large pot with **salted water** to cover by 1 inch. Bring to a boil. Cook until tender, about 15 minutes, then drain. Meanwhile, heat a drizzle of **oil** in a small pot over medium-high heat. Add remaining **scallion whites**. Cook 1-2 minutes. Pour in **1 cup water** and bring to a boil. Stir in **rice**, lower heat, reduce to a simmer, and cover. Cook until tender, about 15 minutes.

3 COOK BROCCOLI AND CHICKEN

Toss **broccoli** with a large drizzle of **oil** on one half of a baking sheet. Season with **salt** and **pepper**. Roast 5 minutes. Meanwhile, heat a drizzle of oil in a large pan over medium-high heat. Pat **chicken** dry with a paper towel; season with salt and pepper. Sear in pan 2-3 minutes per side. Transfer to other half of sheet with broccoli. Roast until both are cooked, 10-12 minutes. Set chicken aside to rest on a plate.



4 COOK POBLANO AND MASH

Heat a drizzle of **oil** in same pan over high heat. Add **poblano**; season with **salt** and **pepper**. Cook until lightly charred, 5-7 minutes. Stir into bowl with **tomato mixture**. Place pot used for potatoes over medium heat. Add **1 TBSP butter** and **garlic**. Cook until fragrant, 1-2 minutes. Pour in ⅓ **cup milk** (we sent more) and bring to a simmer. Remove from heat; return **potatoes** to pot. Mash until smooth, adding more milk if needed. Season with salt and pepper.

5 FINISH AND SERVE DINNER

Add **adobo sauce**, **honey**, and **2 TBSP water** to pan used for poblano over medium heat. Stir to combine and bring to a simmer. Let bubble until slightly thickened, 1-2 minutes. Stir in **1 TBSP butter**. Stir in any **juices** released by chicken. Season with **salt** and **pepper**. Divide **potatoes** and **broccoli** between plates. Arrange half the **chicken** on top of potatoes (save the rest for lunch), then spoon **pan sauce** over. Sprinkle with remaining **scallion greens** and serve.

LUNCH



6 PACK LUNCH FOR TWO

Thinly slice remaining **chicken**. Fluff **rice** with a fork and season with **salt** and **pepper**. Divide rice between two reusable containers. Spoon **tomato mixture** over one half of rice on each and arrange chicken over the other. Pack each with a packet of **sour cream** and **lime quarters**. Keep refrigerated. When ready to eat, set aside sour cream and lime. Microwave the rest until warm, about 2 minutes. Dollop with sour cream and squeeze lime over.