



JUN
2016

Spiced Chicken

with Mexican Brown Rice & Bean Medley

Lime zest and paprika adds both brightness and smokiness to this weeknight chicken dish. Boneless, skinless thighs stay super juicy, giving this dish extra flavor. We love that everything gets tossed together at the end—it helps all the flavors marry!



Prep: 10 min
Total: 35 min



level 1



nut free



gluten free



dairy free



Chicken Thighs



Brown Rice



Yellow Onion



Roma Tomatoes



Black Beans



Lime



Smoked Paprika

Ingredients

Chicken Thighs	24 oz
Brown Rice	1 ½ Cups
Yellow Onion	1
Roma Tomatoes	4
Black Beans	2 Boxes
Smoked Paprika	2 t
Lime	1
Olive Oil*	2 T

4 People

*Not Included

Allergens

None

Tools

Large pot, Strainer, Zester, Shallow dish, Large pan

Ruler

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Nutrition per person Calories: 777 cal | Fat: 18 g | Sat. Fat: 2 g | Protein: 55 g | Carbs: 91 g | Sugar: 5 g | Sodium: 316 mg | Fiber: 24 g

2



1 Cook the rice: Bring a large pot of **salted water** to a boil. Once boiling, add the **rice** and boil for 25-30 minutes, until tender. When finished, drain the rice, just like pasta.

2 Prep the veggies: **Wash and dry all produce.** Meanwhile, halve, peel, and finely dice the **onion**. Dice the **tomatoes**. Drain and rinse the **black beans**. Zest, then halve the **limes**.

3



3 Season the chicken: In a shallow dish, combine the **smoked paprika**, **half the lime zest**, and a large drizzle of **olive oil**. Cut the **chicken** into bite-sized pieces and toss into the **spice mixture**. Season generously with **salt** and **pepper**.

4 Cook the chicken: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken** to the pan and cook, tossing for 5-6 minutes, until browned and cooked through. Remove from the pan and set aside.

4



5 Cook the onions: Add the **onions** to the same pan over medium heat. If the pan is too dry, add another drizzle of olive oil. Cook, tossing for 4-5 minutes, until softened. Add a splash of **water** to help scrape up the browned bits from the bottom of the pan. Remove the pan from heat.

6



6 Toss and serve: When the **rice** is done, toss into the pan along with the **onions**, **tomatoes**, **black beans**, and **spiced chicken**. Toss over medium heat until heated through. Stir in a squeeze of **lime juice**, a large drizzle of **olive oil**, and the remaining **lime zest**. Season generously with **salt** and **pepper**, enjoy!

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