



### In your box

- 1 Avocado
- ¾ cup Arborio Rice
- 4 oz. Grape Tomatoes
- 1 Ear of Corn
- 1 Shallot
- 1 tsp. Fajita Seasoning
- 4 tsp. Chicken Demi-Glace
- 1 Lime
- 1 oz. Chili Lime Butter

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Small Pot, Mixing Bowl, Baking Sheet, Medium Pot



Culinary Collection

## Chicken and Avocado Tomato Salsa

with creamy corn risotto

NUTRITION per serving—Calories: 866, Carbohydrates: 86g, Fat: 38g, Protein: 49g, Sodium: 1249mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

50-60 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring 4 cups **water** to a boil in a small pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **shallot, lime juice**

### Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 2, roasting until steaks reach minimum internal temperature, 12-16 minutes. Rest at least 5 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

- Peel husk off **corn** and remove kernels from cob, holding cob vertically and carefully slicing downward.
- Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ¼" dice.
- Quarter **tomatoes**.
- Peel and mince **shallot**.
- Halve **lime**. Juice one half and cut other half into wedges.
- Pat **chicken** dry, and season both sides with **seasoning blend**.



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### Make the Salsa

- In a mixing bowl, combine half the **shallot** (reserve remaining for risotto), **tomatoes**, **avocado**, 2 tsp. **lime juice** (reserve remaining for risotto), 1 tsp. **olive oil**, and a pinch of **salt**. Set aside.



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### Roast the Chicken

- Place **chicken breasts** on prepared baking sheet and drizzle with 1 tsp. **olive oil**. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- Carefully tent roasted chicken with foil.
- While chicken roasts, cook risotto.



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### Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **corn**, remaining **shallot**, and a pinch of **salt** and **pepper** to hot pot. Stir occasionally until corn starts to brown, 2-3 minutes.
- Add **rice** and stir occasionally until rice is toasted, 1-2 minutes.



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### Finish Risotto and Finish Dish

- Add 1 cup **boiling water** from small pot and **chicken base** to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add ½ cup boiling water from small pot and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste **risotto** as you cook, checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be water left.
- Remove from burner. Stir in **butter** and 2 tsp. **lime juice**.
- Plate dish as pictured on front of card, topping **chicken** with **avocado tomato salsa**. Squeeze **lemon wedges** over meal to taste. Bon appétit!