



## Cilantro Lime Chicken and Rice with corn salsa



NUTRITION per serving—Calories: 544, Carbohydrates: 61g, Sugar: 4g, Fiber: 3g, Protein: 43g, Sodium: 1368mg, Fat: 14g, Saturated Fat: 5g  
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.

### In your box

5 oz. Corn Kernels  
½ cup Basmati Rice  
¼ oz. Cilantro  
½ tsp. Adobo Seasoning  
1 Lime  
1 Roma Tomato  
2 oz. Sour Cream  
🌶️ ¼ fl. oz. Hot Sauce  
12 oz. Diced Boneless Skinless  
Chicken Breasts

\*Contains: milk

### You will need

Olive Oil, Salt, Cooking Spray  
Small Pot, Mixing Bowl,  
Microwave-Safe Bowl,  
Large Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

### Skinnytaste Meal



For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka**!

Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.

Cook Time  
**25-35 min.**

Cook Within  
**5 days**

Difficulty Level  
**Easy**

Spice Level  
**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cilantro**, lime wedges



### 1. Cook the Rice

- Bring a small pot with **rice**, 1 cup **water**, 1 tsp. **olive oil**, and  $\frac{1}{4}$  tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside.
- While rice cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Stem and mince **cilantro**.
- Halve **lime** lengthwise. Juice one half and cut other half into wedges.
- Core **tomato** and cut into  $\frac{1}{4}$ " dice.
- Place **corn** in a microwave-safe bowl and microwave until warmed though, 1-2 minutes.
- Pat **diced chicken** dry, and season all over with **adobo seasoning**.



### 3. Make the Salsa

- In a mixing bowl, combine **corn**, **tomato**, half the **cilantro** (reserve remaining for garnish), **lime juice**, 1 tsp. **olive oil**, and  $\frac{1}{4}$  tsp. **salt**. Set aside.



### 4. Cook the Chicken

- Coat a large non-stick pan with **cooking spray** and place over medium-high heat.
- Add **chicken** to hot pan. Stir occasionally until browned all over and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner.



### 5. Finish the Dish

- Stir remaining **cilantro** into **cooked rice**. Squeeze a **lime wedge** over rice and stir again.
- Halve remaining lime wedges.
- Plate dish as pictured on front of card, placing **chicken** on rice, and topping with **salsa**, **hot sauce** (to taste), and **sour cream**. Squeeze remaining lime wedges over chicken to taste. Bon appétit!