



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



Calorie Conscious



Protein Packed

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.



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.

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 ¼ 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 ¼" 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 ¼ 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!