



Tex-Mex-Style Smothered Chicken

WITH CORN AND BLACK BEANS

Classic



Prep & Cook Time

20-30 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans

Ingredients

- 5 oz. Corn Kernels
 - 4 oz. Black Beans
 - 4 fl. oz. Red Enchilada Sauce
 - 1 Zucchini
 - 2 oz. Sour Cream
 - 1 oz. Shredded Cheddar-Jack Cheese
 - 2 Green Onions
 - ¼ oz. Cilantro
 - 2 tsp. Fajita Seasoning
- Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
 - 12 oz. Sirloin Steaks

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/18687

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

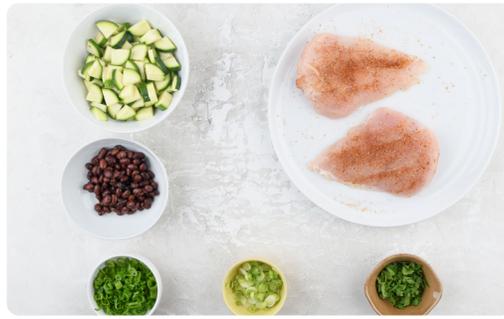
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **seasoning blend, green onions, cilantro**



1. Prepare the Ingredients

- Drain **black beans**.
- Trim **zucchini** ends, quarter lengthwise, and cut into ¼" dice.
- Stem **cilantro** and coarsely chop leaves.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Pat **chicken breasts** dry, and season both sides with half the **seasoning blend** (reserve remaining for vegetables).

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1, 2, and 4, searing until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



2. Start the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **chicken breasts** to hot pan. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- While chicken cooks, cook vegetables.



3. Cook the Vegetables

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **zucchini** to hot pan. Stir occasionally until lightly browned and tender, 3-4 minutes.
- Add **white portions of green onions, corn, black beans**, half the **cilantro** (reserve remaining for garnish), remaining **seasoning blend**, and a pinch of **salt and pepper**. Stir occasionally until heated through, 2-3 minutes.
- *If zucchini needs more time, add 1 Tbsp. **water** and cook, 2-3 minutes more.*
- Remove from burner.



4. Finish the Chicken

- Add **enchilada sauce** to hot pan with **chicken**. Flip chicken until coated and sauce is bubbling, 30-60 seconds.
- Top chicken evenly with **cheese**. Cover, and cook until cheese is melted, 1-2 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **vegetables** with **green portions of green onions** and remaining **cilantro**. Top **chicken** with **sour cream**. Bon appétit!