

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- Be sure to make the guacamole to your liking! Add as much or little of lime juice and red onions to your desired taste.

## FROM THE CHEF

Pucker up pal! Adding lime juice to an avocado not only improves its flavor, but also helps it stay vibrant green. The citric notes in lime juice prevent oxidation, the process that turns an avocado brown.

### Did you know...

Our burrito bowl seasoning blend is made with 2 parts each smoked paprika, oregano, and garlic, and 1 part cumin.

Home Chef is expanding to the West Coast this spring, so start referring your friends!



1

### Cook the Rice

Bring a medium pot with **rice**, **chicken base**, and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook 15-18 minutes, or until tender. Remove from heat and fluff with a fork. Season with ½ tsp. **salt** and ¼ tsp. **pepper**, cover, and keep warm for plating.



2

### Prepare the Ingredients

Trim and slice **radishes** into ⅛” rounds, then cut into matchsticks. Peel and halve **red onion**. Cut halves into ¼” dice. Halve **avocado**, remove pit, and scoop out flesh with a spoon into a medium mixing bowl. Zest **lime**, halve, and juice. Rinse **chicken breast** and pat dry. On a separate cutting board, cut into ½” cubes and season with **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**.



3

### Cook the Beans

Drain **black beans** and place in a small pot with ¼ cup **water** over medium-high heat. Bring to a simmer and cook 8 minutes. Season with a pinch of **salt** and **pepper**.



4

### Cook the Chicken

Heat 1 tsp. **olive oil** in a medium pan over medium heat. Add **chicken** to pan and cook 6-8 minutes, stirring occasionally, until browned and chicken has reached a minimum internal temperature of 165 degrees. Set aside and let rest.



5

### Make the Guacamole

Add **red onion** (start with 1 Tbsp., taste, and add more, if desired), 2 tsp. **lime juice**, and a pinch of **salt and pepper** to bowl containing **avocado**. Using a fork, mash together until desired **guacamole** consistency is reached. *Taste and add more lime juice, if desired.*



6

### Plate the Dish

Place **rice** in center of a bowl and garnish with **lime zest**. In a circle around rice, add remaining **red onion**, **black beans**, **guacamole**, **chicken**, **radishes**, and **cheese**. Serve **salsa fresca** on the side. No extra charge for guac!



#### IN YOUR BOX

- ¾ Cup Parboiled Brown Rice
- 1 tsp. Gluten Free Minor's Chicken Base
- 1 ½ oz. Radishes
- 1 Red Onion
- 1 Avocado
- 1 Lime
- 2 Boneless Skinless Chicken Breasts
- 1 ½ Tbsp. Burrito Bowl Seasoning Blend
- 15 oz. Canned Black Beans
- 2 oz. Shredded Cheddar Cheese
- 4 oz. Salsa Fresca



Calories  
996



Prep & Cook Time  
25-35 min.



Cook Within  
5 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Mixing Bowl
- Small Pot
- Medium Pan



HOME CHEF

## Chicken and Brown Rice Burrito Bowl

With Salsa Fresca and Homemade Guacamole

[www.homechef.com/3037](http://www.homechef.com/3037)