

# Chicken Tinga Burrito

WITH BLACK BEANS, RICE, AND CHEESE

Oven-Ready



### Prep & Cook Time

35-45 MIN

### Cook Within

5 DAYS

### You Will Need

Olive Oil, Salt

### Difficulty Level

EASY

### Spice Level

NOT SPICY

### Ingredients

- 8 oz. Cooked White Rice
- 20 oz. Diced Boneless Skinless Chicken Breasts
- 4 Large Flour Tortillas
- 4 oz. Sour Cream
- 2 oz. Shredded Nacho/Taco Cheese Blend
- ½ tsp. Garlic Salt
- 1 Tbsp. Taco Seasoning
- 2 oz. Sliced Yellow Onions
- 8 oz. Black Beans
- 3 fl. oz. Enchilada Sauce

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### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/34404](http://www.homechef.com/34404)

\*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, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with **silver** tray (as pictured); if you receive a different tray, please contact customer support before cooking.

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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes



### 1. Start the Chicken Filling

- Pat **chicken** dry and season all over with **taco seasoning** and a pinch of **salt**.
- In one provided tray, combine chicken, **onions**, and 2 tsp. **olive oil**.
- Bake uncovered in hot oven, 10 minutes.
- *Chicken will finish cooking in a later step.*
- While chicken filling bakes, continue recipe.



### 2. Start Rice and Beans and Add Sauce

- Drain **black beans**.
- Carefully massage **rice** in bag to break up any clumps. Remove rice from packaging. In second provided tray, combine rice, black beans, and **garlic salt**. Cover with foil.
- After 10 minutes, carefully remove **chicken** from oven. Drain any excess liquid and add **enchilada sauce**. Stir until chicken is coated. *Tray will be hot! Use a utensil.*



### 3. Bake Meal, Heat Tortillas, and Assemble Burritos

- Bake both trays again (chicken uncovered, rice and beans covered) in hot oven until **rice** and **beans** are heated through and **chicken** reaches a minimum internal temperature of 165 degrees, 15-20 minutes.
- While meal bakes, wrap **tortillas** in a damp paper towel and microwave until warm, 30-60 seconds.
- *If tortillas come folded, keep folded.*
- Carefully remove tortillas from microwave and trays from oven.
- Place tortillas on a clean work surface. Divide rice and beans, chicken filling, **sour cream**, and **cheese** evenly between tortillas, placing in center of each. Fold sides of tortilla toward center, then roll bottom edge towards the top, enclosing sides tightly.
- To serve, halve burritos diagonally, if desired. Bon appétit!