



NUTRITION *per serving* 63g carbohydrates 15g fat 54g protein 1450mg sodium | low-calorie, gluten-free, soy-free, shellfish-free, nut-free



Calories
602



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

FAMILY MEAL

Cheesy Mexican Chicken and Rice

with roasted red peppers

IN YOUR BOX

- 1 Yellow Onion
- 3 oz. Roasted Red Peppers
- 3 Green Onions
- 4 Boneless Skinless Chicken Breasts
- 1 ¼ cup Parboiled White Rice
- 1 Tbsp. Taco Seasoning
- 15 oz. Crushed Tomatoes
- 4 oz. Shredded Chihuahua Cheese
- 5 oz. Frozen Peas

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Large Oven-Safe Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Taco seasoning is used twice. Half is sprinkled over **chicken** before searing, and remaining is added to rice.
- **Heads Up!** Green onions are used three times. **White portions** are cooked with **rice**, **half the green portions** are stirred into rice after cooking, and remaining garnish rice.
- **Heads Up!** Chihuahua cheese is used twice. Half is stirred into **rice** before baking and remaining is melted on top of cooked rice.
- Be very careful handling pan after it's been in the oven. Wrap a dry dish towel around handle to protect your hand.

FROM THE CHEF

If you don't have a large pan that is also oven-safe, transfer rice mixture to a large casserole dish and cover before placing in oven.

Did you know...

Another name for Chihuahua cheese is queso menonita, after the Mennonite communities in northern Mexico that first produced this soft, mild cheese that's perfect for melting.



1

Prepare the Ingredients

Halve and peel **yellow onion**. Cut halves into ¼” dice. Drain, rinse, and cut **roasted red pepper** into ¼” dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Rinse **chicken breasts** and pat dry. On a separate cutting board, halve each breast into two cutlets. Season cutlets on both sides with **half the taco seasoning** (reserve remaining for rice) and a pinch of **salt and pepper**.



4

Bake the Rice

Top mixture in pan with **chicken and any accumulated juices**. Increase heat to medium-high. Bring to a simmer, cover, and transfer pan to oven. *If your pan is not oven-safe, transfer mixture to a 9 by 11 casserole.* Bake until **rice** is tender and chicken reaches a minimum internal temperature of 165 degrees, 20-25 minutes. *Tomatoes may settle at top of rice. They will be mixed back in later.*



2

Sear the Chicken

Heat 1 tsp. **olive oil** in a large oven-safe pan over medium-high heat. Add **chicken cutlets** to hot pan and cook on one side until well-browned, 2-3 minutes. Transfer to a plate and reserve pan; no need to wipe pan clean. *Chicken will finish cooking in a later step.*



5

Finish the Rice

Carefully remove pan from oven, transfer **chicken** to a plate, and rest 5 minutes. Stir **peas, roasted red peppers**, and **half the green portions of green onions** (reserve remaining for garnish) into **rice**. Top with remaining **cheese** and return pan to oven, uncovered, until cheese is melted, 5 minutes.



3

Start the Rice

Return pan used to sear chicken to medium heat. Add 1 tsp. **olive oil**, **yellow onion**, and **white portions of green onions** to hot pan. Cook until softened, 2 minutes. Add **rice** and remaining **seasoning blend**. Cook, stirring constantly, 1 minute, then add **crushed tomatoes**, **half the cheese** (reserve remaining for topping), and 1 ¾ cups **water**.



6

Plate the Dish

Serve **chicken** and **cheesy rice** on a plate. Garnish with remaining **green portions of green onions**.