



NUTRITION *per serving* 119g carbohydrates 24g fat 54g protein 1457mg sodium | soy-free, shellfish-free, nut-free



Calories
952



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 ½ cup Parboiled White Rice
- 4 Boneless Skinless Chicken Breasts
- 3 Tbsp. Taco Seasoning
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 10 Cilantro Sprigs
- 2 Yellow Onions
- 12 Small Flour Tortillas
- 3 oz. Shredded Cheddar-Jack Cheese
- 4 oz. Sour Cream

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pot
- Mixing Bowl
- Large Non-Stick Pan

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HOME CHEF

Smoky Chicken Fajitas

with cheddar-jack cheese and sour cream

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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

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! Seasoning blend** is used twice. 2 ½ Tbsp. marinates **chicken** and remaining is added to **vegetables**.
- **Heads Up! Cilantro** is used twice. ¾ goes into **rice** and remaining garnishes dish.
- If you can't stand **cilantro**, you're not alone. Natural chemicals present in cilantro can taste "soapy" to some eaters. Feel free to omit.

FROM THE CHEF

The longer chicken marinates, the more flavor will be absorbed from seasoning blend.

Did you know...

As so many great dishes do, fajitas originate with working class cooks making use of cheaper ingredients available to them. Mexican vaqueros (cowboys) who worked cattle drives were often given skirt steak as part of their pay, which they cooked around a campfire and ate it inside warm tortillas. Fajitas made the leap to restaurant menus in the 1970s.



1

Cook the Rice

Bring a medium pot with 3 cups **water**, ½ tsp. **salt**, and **rice** to a boil. Reduce to simmer, cover, and cook until tender and water has been absorbed, 17-20 minutes. Meanwhile, rinse **chicken breasts** and pat dry. On a separate cutting board, slice chicken breasts across width into ¼" strips. Place chicken in a medium mixing bowl along with 2 ½ Tbsp. **seasoning blend** (reserve remaining for vegetables), 2 tsp. **olive oil**, 1 ½ tsp. **salt**, and ¼ tsp. **pepper**. Mix to coat chicken and marinate at least 10 minutes. While chicken marinates, prepare ingredients.



4

Start the Vegetables

Heat 2 tsp. **olive oil** in pan used to cook chicken over medium-high heat. Add **peppers** and **onion** to hot pan and cook undisturbed until lightly charred, 2-3 minutes. Remove pan from burner and season vegetables with remaining **seasoning blend**. Transfer vegetables to open half of prepared baking sheet in a single layer.



2

Prepare the Ingredients

Stem, seed, and slice **red and yellow bell peppers** into ¼" strips. Mince **cilantro** (no need to stem). Halve and peel **onions**. Slice halves into thin strips. Once rice is finished, stir in ¾ the cilantro (reserve remaining for garnish). Cover rice and set aside.



5

Finish the Filling and Tortillas

Place baking sheet in oven and bake until **chicken** reaches a minimum internal temperature of 165 degrees and **vegetables** are tender, 8-10 minutes. While chicken and vegetables cook, stack **tortillas** and wrap in foil. Place directly on oven rack and bake until warm and pliable, 5-7 minutes.



3

Start the Chicken

Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add marinated **chicken** to hot pan and cook undisturbed until lightly charred, 3-4 minutes. Stir, and cook until lightly charred, 2 minutes. Transfer chicken to one half of prepared baking sheet in a single layer. No need to wipe pan clean.



6

Plate the Dish

Place **chicken** and **vegetables** on a platter. Serve family style with **tortillas**, **cheese**, **sour cream**, and **rice**.