



**NUTRITION** *per serving* 57g carbohydrates 17g fat 59g protein 1315mg sodium | CONTAINS gluten, dairy | calorie-conscious



Calories  
**591**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR BOX

2 Boneless Skinless Chicken Breasts  
1 Yellow Onion  
2 Garlic Cloves  
1 Lime  
5 Cilantro Sprigs  
15 oz. Cannellini Beans  
14 fl. oz. Green Enchilada Sauce  
1 oz. Sour Cream

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Large Pot  
Small Bowl

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## Chicken Chili Verde

with lime crema and fresh cilantro

## 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

- **Heads Up!** Cilantro is used twice. Half is added to **chili verde** 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

After adding green enchilada sauce and chicken, immediately remove chili verde from burner once it starts to boil. Prolonged boiling will diminish the green color.

### **Did you know...**

*Cilantro has been with us a long time. It's mentioned in the Bible and the Ebers Papyrus from 1552 B.C., and is believed to have been grown in the Hanging Gardens of Babylon.*



1

## Cook the Chicken

Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**. Place a large pot over medium-high heat. Add 2 tsp. **olive oil** and chicken to hot pot. Cook undisturbed until browned, 3-4 minutes. Flip and reduce heat to medium. Cover and cook until chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes. Remove chicken to a plate and allow to cool. Reserve pot; no need to wipe clean. While chicken cooks, prepare ingredients.



4

## Continue the Chili Verde

Add ½ cup **water** and **beans and their liquid**. Bring to a boil and boil, 5-8 minutes. While soup cooks, shred **chicken**. Add shredded chicken and **green enchilada sauce**. Return to a boil and immediately remove from burner. Stir in **half the cilantro** (reserve remaining for garnish).



2

## Prepare the Ingredients

Halve and peel **onion**. Cut halves into ½" dice. Mince **garlic**. Zest and halve **lime**. Quarter one half and juice remaining half. Mince **cilantro** leaves and stems.



5

## Make the Lime Crema

In a small bowl, stir together **sour cream**, 1 tsp. **lime zest**, 2 tsp. **lime juice**, and a pinch of **salt** and **pepper**.



3

## Begin the Chili Verde

Return pot used to cook chicken to medium heat. Add 1 Tbsp. **olive oil** and **onion** to hot pot. Cook until softened and lightly browned, 4-6 minutes. Add **garlic** and cook until aromatic, 1 minute.



6

## Plate the Dish

Ladle **chili verde** into a bowl. Top with a dollop of **lime crema** and remaining **cilantro**. Serve **lime wedges** on the side.