



In your box

- 1 Red Onion
- 1 Lime
- 3 Poblano Peppers
- 3 oz. Pineapple Chunks
- 1 Roma Tomato
- 14 oz. Diced Chicken Thighs
- 3 fl. oz. Jerk Sauce
- 2 oz. Shredded Mozzarella



Jerk Chicken Thigh-Stuffed Poblanos

with pineapple and pickled red onion

NUTRITION per serving—Calories: 483, Carbohydrates: 33g, Fat: 16g, Protein: 50g, Sodium: 1648mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Medium Pan

👑 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
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **onion**



1

Prepare the Ingredients

- Halve and peel **onion**. Thinly slice $\frac{1}{4}$ the onion. Cut remaining onion into $\frac{1}{4}$ " dice.
- Halve and juice **lime**.
- Stem **poblano peppers**, halve lengthwise, seed, and remove ribs. *Wash hands and cutting board after prepping.*
- Coarsely chop **pineapple**.
- Core **tomato** and cut into $\frac{1}{4}$ " dice.
- Pat **chicken thighs** dry, and season all over with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.
- *If using **antibiotic-free chicken breasts**, on a separate cutting board, cut into a 1" dice.*



2

Pickle the Onion

- Combine **sliced onion**, **lime juice**, and a pinch of **salt** in a mixing bowl.
- Stir, then marinate at least 10 minutes. Stir every couple of minutes to marinate evenly.
- While onion pickles, roast poblanos.



3

Roast the Poblanos

- Place **poblanos** on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Massage oil into poblanos, then place cut side down. Roast in hot oven until tender, but still a bit crisp, 10-12 minutes.
- Remove from oven. *Poblanos will finish cooking in a later step.*
- While poblanos roast, cook filling.



4

Cook the Filling

- Place a medium pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken thighs** to hot pan and stir occasionally until deep brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- *If using **antibiotic-free chicken breasts**, follow the same cooking times and instructions.*
- Transfer to a plate. Keep pan over medium-high heat.
- Add **diced onion** to hot pan and stir occasionally until tender, 3-5 minutes.
- Add chicken, **pineapple**, and **jerk sauce** and combine thoroughly. Remove from burner.



5

Assemble and Roast the Poblanos

- Flip **poblanos** to cut side up and distribute **filling** evenly. Top with **cheese**.
- Roast in hot oven until cheese is lightly browned and bubbly and poblanos are fully tender, 8-10 minutes.
- Plate dish as pictured on front of card, garnishing poblanos with **tomato** and **pickled onion** (to taste). Bon appétit!