



In your box

- 2 Garlic Cloves
- ¼ oz. Cilantro
- 8 oz. Carrot
- 1 Poblano Pepper
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Butternut Squash, Cubed
- 2 oz. Shredded Chihuahua Cheese
- 1 oz. Butter
- 1 tsp. Chipotle Powder



Chile Rellenos Chicken

with chipotle butternut-carrot mash

NUTRITION per serving—Calories: 569, Carbohydrates: 28g, Fat: 30g, Protein: 48g, Sodium: 1706mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Medium

You will need

Olive Oil, Salt, Pepper

Medium Pot, Medium Oven-Safe Non-Stick Pan,
Mixing Bowl, Colander

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**
- Bring a medium pot of **water** to a boil
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **garlic, cilantro**



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼” pieces.
- Stem **poblano pepper**, seed, remove ribs, and cut into ¼” dice.
- Mince **garlic**.
- Stem and mince **cilantro**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start Mash and Make Topping

- Once water is boiling, add **carrot** and cook, 5 minutes.
- Add **butternut squash** and cook until tender, 10-13 minutes.
- While vegetables boil, place a medium oven-safe non-stick pan over medium heat. Add 1 tsp. **olive oil**, **poblano**, and half the **garlic** (reserve remaining for mash) to hot pan. Stir occasionally until lightly charred, 1-2 minutes.
- Transfer poblano to a mixing bowl. Add **cheese**, ¼ tsp. **salt**, and a pinch of **pepper** and thoroughly combine. Set aside.
- Wipe pan clean and reserve.



3

Sear and Smother the Chicken

- Return pan used to cook topping to medium heat.
- Add 1 tsp. **olive oil** and **chicken breasts** to hot pan. Cook undisturbed until golden brown, 4-5 minutes.
- Flip, and smother chicken breasts with **topping**. Place pan in hot oven and roast until **cheese** melts and chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken roasts, mash vegetables.



4

Finish the Mash

- Drain **carrot** and **butternut squash** in a colander and return to pot.
- Add **butter**, remaining **garlic**, half the **chipotle powder** (to taste), and a pinch of **cilantro** (reserve remaining for garnish). Mash until desired consistency is reached. Taste, and add remaining chipotle powder if desired.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Cover and set aside.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **vegetable mash** with remaining **cilantro**. Bon appétit!