



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Mild**



5 Minute Lunch

Jerk Chicken Bowl

no cooking required

In your box

6 oz. Roasted Chicken Breast
2 fl. oz. Jerk Sauce
3 oz. Frozen Mangoes
½ oz. Crispy Jalapeños
1 Lime
8 oz. Pre-Cooked Brown Rice

Make the Grain Bowl

- Quarter **lime**.
- Rinse **mango** under warm water if still frozen.
- *For best results, pierce brown rice bag a few times with a knife, then break up rice inside the bag. Mix **brown rice** with 1 Tbsp. **water** in a microwave safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes, stirring once halfway through.*
- Combine **chicken** and **jerk sauce** and microwave until warm, 1-2 minutes.
- Squeeze two lime quarters over rice and stir to combine.
- Top rice with roasted chicken and mango. Garnish with **crispy jalapeños** (to taste) and squeeze remaining lime quarters over (to taste). Bon appétit!

NUTRITION per serving Calories: 388, Carbohydrates: 61g, Fat: 8g, Protein: 23g, Sodium: 1022mg.

CONTAINS wheat, soy

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.