



In your box

- 2 Garlic Cloves
- 1 Poblano Pepper
- ¼ tsp. Red Pepper Flakes
- 2 Green Onions
- 14 oz. Diced Chicken Thighs
- 2 tsp. Cajun Seasoning
- 2 tsp. Mirepoix Base
- ½ cup Arborio Rice
- 1 Red Bell Pepper
- 2 Italian Pork Sausage Links



Staff Pick

Cajun Chicken Thigh & Italian Sausage Dirty Rice

with poblano pepper

NUTRITION per serving—Calories: 804, Carbohydrates: 57g, Fat: 36g, Protein: 66g, Sodium: 1677mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ●
Spicy

① You will need

Olive Oil, Salt
Medium Pot, Small Pot

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring a small pot of **water** to a boil
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Stem **poblano pepper**, seed, and cut into ½” dice. *Wash hands and cutting board after prepping.*
- Stem, seed, remove ribs, and cut **red bell pepper** into ½” dice.
- Mince **garlic**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- On a separate cutting board, remove **Italian sausage** from casing.
- Pat **diced chicken** dry.



2

Cook Sausage and Start Chicken

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **Italian sausage** to hot pan. Break into smaller pieces with a spoon until no pink remains, 4-6 minutes.
- Remove cooked sausage to a plate. Keep pot over medium-high heat and add 1 tsp. olive oil.
- Add **diced chicken** and sear undisturbed until browned, 4-5 minutes.



3

Start the Rice

- Add **poblano pepper, red bell pepper, garlic, white portions of green onions, and Cajun seasoning** to pot and stir to combine. Stir occasionally until tender, 3-4 minutes.
- Add **rice** and stir occasionally until toasted and opaque, 1-2 minutes.
- Stir in **mirepoix base** and 1½ cups **boiling water**, scraping any bits up of the bottom of the pot. Cover, reduce heat to medium-low, and bring to a simmer. Simmer, stirring every couple minutes, until liquid is absorbed and chicken reaches a minimum internal temperature of 165 degrees, 14-16 minutes.
- *If too dry, add water 1 Tbsp. at a time until desired consistency is reached.*



4

Finish the Rice

- Add **sausage** to pot and stir occasionally until warmed through, 1-2 minutes.
- Remove from burner and season with a pinch of **salt** and **red pepper flakes** (to taste).



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **green portions of green onions**. Bon appétit!