



SOUTHWEST CHICKEN AND PEPPERS

with Yellow Rice and Black Beans



HELLO TURMERIC

This warm spice from the ginger family gives your rice a deep, golden-yellow color. It is also used to naturally dye fabrics!

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 780**



Scallions



Long Green Peppers



Chicken Stir-Fry



Turmeric



Jasmine Rice



Chicken Stock Concentrates



Black Beans



Southwest Spice Blend



Sour Cream
(Contains: Milk)

START STRONG

Don't have a microwave? Not to worry. Heat up your beans in a small saucepan over medium heat until warmed through.

BUST OUT

- Paper towels
- Plastic wrap
- Medium pot
- Large pan
- Strainer
- Medium bowl
- Butter (4 TBSP)
(Contains: Milk)
- Olive oil (2 tsp)
- Vegetable oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- Scallions 4
- Long Green Peppers 2
- Chicken Stir-Fry 20 oz
- Turmeric 2 tsp
- Chicken Stock Concentrates 2
- Jasmine Rice 1 Cup
- Black Beans 26.8 oz
- Southwest Spice Blend 2 TBSP
- Sour Cream 4 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Trim and thinly slice **scallions**, separating whites from greens. Halve, core, and deseed **green peppers**, then thinly slice. Pat **chicken** dry with paper towels; season with **salt** and **pepper**.



4 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **green peppers** and remaining **scallion whites** and cook, stirring, until softened, 3-5 minutes.



2 COOK RICE

Heat **1 TBSP butter** and a large drizzle of **olive oil** in a medium lidded pot over medium-high heat. Add **turmeric**, half the **scallion whites**, **1 stock concentrate**, and **1½ cups water**. Bring to a boil, then add **rice** and a pinch of **salt**. Cover, reduce heat to low, and cook until rice is tender, about 15 minutes. Keep covered until ready to serve.



5 COOK CHICKEN

Add **chicken** and remaining **Southwest Spice** to pan with **veggies**. Cook, stirring, until browned and cooked through, 4-7 minutes. Add **½ cup water** and remaining **stock concentrate**. Bring to a boil, then reduce heat to a simmer. Stir in **1 TBSP butter**; season with **salt** and **pepper**.



3 MICROWAVE BEANS

Drain the **beans**, reserving the liquid. Place all the beans and half the liquid in a medium microwave-safe bowl and cover with plastic wrap (discard remaining liquid). Microwave on high until heated through, about 3 minutes. Remove from microwave and uncover. Stir in **1 TBSP butter**, half the **Southwest Spice**, **salt**, and **pepper**.



6 FINISH AND SERVE

Fluff **rice** with a fork. Stir in **1 TBSP butter**, half the **scallion greens**, and a pinch of **salt** and **pepper**. Reheat **beans** in microwave if needed. Divide rice and beans between plates. Top with **chicken and veggie mixture** (and any sauce from pan). Dollop with **sour cream** and sprinkle with remaining scallion greens.

FIRED UP!

Love your food spicy? Mix a little hot sauce into your sour cream for dolloping over.

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