



CUBAN-STYLE POLLO A LA PLANCHA

Chicken with White Rice, Black Beans & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



3 | 6
Limes



1 | 2
Orange



6 Cloves | 12 Cloves
Garlic



10 oz | 20 oz
Chicken Cutlets



2 tsp | 4 tsp
Cumin



2 tsp | 4 tsp
Dried Oregano



3/4 Cup | 1 1/2 Cups
Jasmine Rice



1 | 2
Bell Pepper*



1 | 2
Onion



1/4 oz | 1/2 oz
Cilantro



1 | 2
Black Beans



5 tsp | 5 tsp
Red Wine
Vinegar



1 TBSP | 2 TBSP
Fry Seasoning



1 tsp | 2 tsp
Garlic Powder



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*The ingredient you received may be a different color.

HISPANIC HERITAGE MONTH

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PREP: 20 MIN | COOK: 45 MIN | CALORIES: 890



HELLO

POLLO A LA PLANCHA

Cuban-style chicken cutlets marinated with citrus and cooked over high heat

POULTRY PRO TIP

If you have time, marinate the chicken a little longer to tenderize and soak up as much flavor as possible!

BUST OUT

- Large bowl
- Mallet
- Grater
- 2 Small pots
- Whisk
- Large pan
- Paper towels
- Tongs
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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*Chicken is fully cooked when internal temperature reaches 165°.



1 START PREP & MARINATE

- **Wash and dry produce.**
- Quarter **one lime (two limes for 4 servings)** and set aside for serving; halve and juice remaining limes into a large bowl. Halve and juice **orange** into bowl with lime juice. Peel and grate **garlic**; add to same bowl and whisk to combine.
- Pat **chicken*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **half the cumin, half the oregano, salt,** and **pepper.** **TIP: Press to adhere seasoning to chicken.**
- Add chicken to bowl with **citrus marinade** and turn to coat. Cover with plastic wrap and set aside to marinate. **TIP: Wash your cutting board now or use a second one to finish prep in Step 3!**



4 COOK BEANS

- Heat a **drizzle of oil** in a second small pot over medium-high heat. Add **bell pepper** and **diced onion**; season with **salt** and **pepper.** Cook, stirring occasionally, until tender, 5-7 minutes.
- Add **beans and their liquid, half the vinegar (all for 4 servings),** and **½ cup water (½ cup for 4).** Season with **Fry Seasoning, garlic powder, remaining cumin, remaining oregano, 1 tsp salt (2 tsp for 4),** and **pepper.**
- Bring to a simmer and cook, stirring occasionally, until thickened, 3-5 minutes. Stir in **half the cilantro.** Remove from heat and keep covered until ready to serve.



2 COOK RICE

- In a small pot, combine **rice, 1¼ cups water (2¼ cups for 4 servings),** and a **pinch of salt.** Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 COOK CHICKEN & ONION

- Heat a **drizzle of oil** in a large pan over high heat. Add **chicken (letting any excess marinade drip off first)** and **onion wedges**; cook until chicken is browned on one side and onion is softened, 3-5 minutes.
- Reduce heat to medium-high and flip chicken; cook until chicken is cooked through and onion is browned, 3-5 minutes more. **TIP: Be sure to turn onion occasionally using tongs while chicken cooks. If onion is done before chicken, transfer to a plate.**
- Transfer chicken to a cutting board; let rest 1-2 minutes.



3 FINISH PREP

- While rice cooks, halve, core, and finely dice **bell pepper.** Halve, peel, and finely dice **half the onion**; cut remaining onion into ½-inch wedges. Mince **cilantro.**



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Fluff **rice** with a fork; divide rice and **chicken** between shallow bowls. Spoon **beans** over rice; top chicken with **onion wedges.** Garnish with **remaining cilantro.** Serve with **lime wedges** on the side.