



# SOUTHWEST-SPICED CHICKEN & CUMIN RICE

with Roasted Zucchini, Smoky Crema & Toasted Pepitas

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 Clove | 2 Cloves  
Garlic



¼ oz | ½ oz  
Cilantro



½ Cup | 1 Cup  
Jasmine Rice



1 tsp | 2 tsp  
Cumin



½ oz | 1 oz  
Pepitas



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 2 TBSP  
Southwest Spice Blend



2 TBSP | 4 TBSP  
Smoky Red Pepper Crema  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HELLO

### PEPITAS

Meaning "little squash seeds," pepitas are shell-less seeds from certain varieties of pumpkin.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 620



## SNAP, CRACKLE, POP

It's normal for pumpkin seeds to snap, crackle, and sometimes pop right out of the pan! Cover with a lid if you've got a wild bunch.

## BUST OUT

- Small pot
  - Paper towels
  - 2 Baking sheets
  - Small bowl
  - Large pan
  - Kosher salt
  - Black pepper
  - Cooking oil (4 tsp | 4 tsp)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk



### 1 PREP

- Adjust racks to middle and top positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Roughly chop **cilantro**.



### 2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 30-60 seconds.
- Stir in **rice, cumin,** and **¾ cup water (1¼ cups for 4 servings)**; bring to a boil. Once boiling, cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 3 ROAST ZUCCHINI

- While rice cooks, toss **zucchini** on a baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on middle rack, tossing halfway through, 14-16 minutes.



### 4 TOAST PEPITAS

- Meanwhile, heat a large dry pan over medium-high heat. Add **pepitas** and toast, stirring occasionally, until fragrant and browned, 2-3 minutes. Transfer to a plate.



### 5 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **Southwest Spice Blend, salt,** and **pepper**. Sprinkle with **cilantro**.
- Heat a **large drizzle of oil** in pan used for pepitas over medium-high heat. Add chicken and sear until browned, 1-3 minutes per side. Turn off heat.
- Transfer chicken to a second baking sheet. (**TIP: For easy cleanup, line baking sheet with aluminum foil first.**) Roast on top rack until cooked through, 6-8 minutes.



### 6 MAKE SAUCE & FINISH RICE

- While chicken and zucchini roast, in a small bowl, combine **red pepper crema** and **sour cream**.
- Fluff **rice** with a fork; stir in **toasted pepitas** and **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper** to taste.



### 7 SERVE

- Slice **chicken** crosswise.
- Divide **rice,** chicken, and **roasted zucchini** between plates. Drizzle chicken with **smoky crema** and serve.

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