

INGREDIENTS

2 PERSON | 4 PERSON



Zucchini



1 Clove | 2 Cloves Garlic



½ Cup | 1 Cup Jasmine Rice



10 oz | 20 oz Chicken Cutlets



1 tsp | 2 tsp



1 TBSP | 2 TBSP Southwest Spice Blend



Cilantro

½ oz | 1 oz Pepitas



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

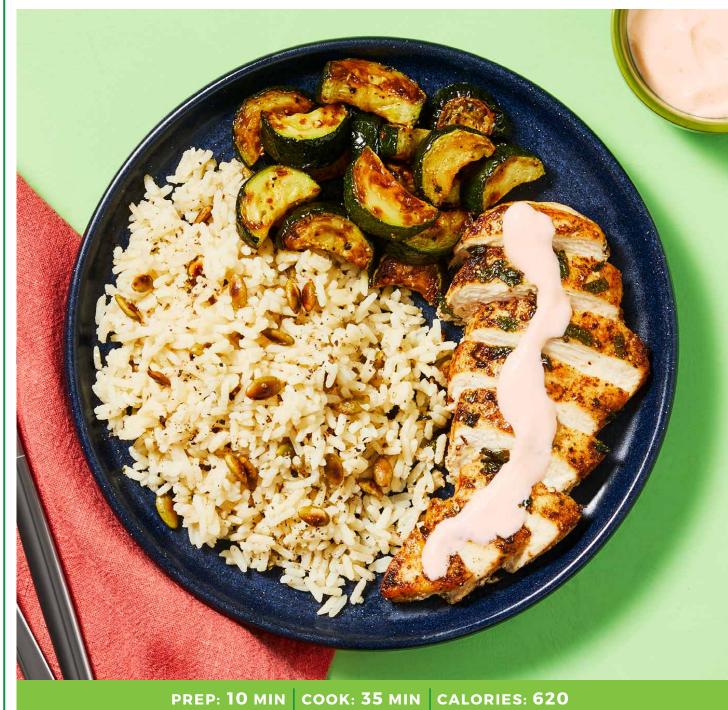
HELLO

PEPITAS

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

SOUTHWEST-SPICED CHICKEN & CUMIN RICE

with Roasted Zucchini, Smoky Crema & Toasted Pepitas





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 halfmoons. 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.