



CAJUN BLACKENED CHICKEN AND RICE BOWLS

with Spicy Crema



HELLO

BLACKENING SPICE

This Cajun-inspired mix of big, bold flavors adds so much oomph to chicken.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 640**



Chicken Breasts



Long Green Pepper



Carrot



Roma Tomato



Chicken Stock Concentrate



Hot Sauce



Blackening Spice



Celery



Scallions



Jasmine Rice



Sour Cream
(Contains: Milk)

START STRONG

Why do we pat our chicken with paper towels before seasoning? To blot out as much moisture as possible. That way, when the chicken hits the heat, it will brown (rather than steam) to golden perfection.

BUST OUT

- Small pot
- Paper towels
- Large pan
- Baking sheet
- Peeler
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)
- Small bowl
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Scallions 2 | 4
- Jasmine Rice ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2
- Chicken Breasts* 12 oz | 24 oz
- Blackening Spice 1 TBSP | 2 TBSP
- Long Green Pepper 1 | 2
- Celery 3 | 6
- Carrot 1 | 2
- Roma Tomato 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Hot Sauce 1 tsp | 2 tsp

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



HelloFresh.com/Wine

HelloFRESH



1 COOK RICE

Preheat oven to 425 degrees. Trim and thinly slice **scallions**, separating whites from greens. Melt **1 TBSP butter** in a small pot over medium-high heat. Add **scallion whites** and **rice** and cook for 30 seconds. Stir in **stock concentrate** and **¾ cup water** (1½ cups for 4 servings). Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15 minutes. Turn off heat; keep covered until ready to serve.



4 COOK VEGGIES

Heat a large drizzle of **olive oil** in pan used for chicken over medium-high heat. Add **green pepper, celery, and carrot**. Cook until slightly softened, 4-5 minutes. Add **tomato**, remaining **Blackening Spice, salt, and pepper**. Cook until softened and tender, 3-5 minutes more. **TIP:** If veggies begin to stick, stir in a splash of water.



2 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels. Season all over with **salt, pepper, and half the Blackening Spice**. Heat a drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and sear until browned, 2-4 minutes per side. Turn off heat; transfer to a baking sheet. Bake on top rack until cooked through, 7-10 minutes. Wipe out pan.



5 MAKE CREMA AND FINISH RICE

Meanwhile, in a small bowl, combine **sour cream, hot sauce** (to taste), and a pinch of **salt**. Stir in **water**, 1 tsp at a time, until mixture reaches a drizzling consistency. Fluff **rice** with a fork, then stir into pan with **veggies**. Season with **salt and pepper** (to taste).



3 PREP

Wash and dry all produce. Core, deseed, and dice **green pepper** into ½-inch pieces. Dice **celery** into ½-inch pieces. Trim, peel, and dice **carrot** into ¼-inch pieces. Dice **tomato**.



6 FINISH AND SERVE

Transfer **chicken** to a cutting board, then slice crosswise. Divide **rice mixture** between bowls. Top with sliced chicken and drizzle with **spicy crema**. Garnish with **scallion greens**. Top with any remaining **hot sauce**, if desired.

RAGIN' CAJUN

Next time, try stirring ground beef or pre-cooked andouille sausage into this rice for an all-in-one dish.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK23 NJ-4