



MEXICAN CHICKEN AND RICE BOWL - DINNER

BURRITO - LUNCH


















COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 45 MIN	CALORIES: 690
LUNCH	TOTAL: 15 MIN	CALORIES: 550

INGREDIENTS FOR: 2-person | 4-person

- | | | | | | | | |
|--|---|--|--|---|---|--|--|
| 
Red Onion
1 2 | 
Bell Pepper*
1 2 | 
Cilantro
¼ oz ½ oz | 
Chicken Stock Concentrates
2 4 | 
Jasmine Rice
¾ Cup 1½ Cups | 
Chicken Breast Strips
20 oz 30 oz | 
Sour Cream
(Contains: Milk)
6 TBSP 8 TBSP | 
Flour Tortillas
(Contains: Wheat)
2 2 |
| 
Poblano Pepper
1 2 | 
Roma Tomatoes
2 3 | 
Lime
1 2 | 
Turmeric
1 tsp 2 tsp | 
Southwest Spice Blend
1 TBSP 2 TBSP | 
Chili Powder
1 tsp 2 tsp | 
Hot Sauce
3 tsp 4 tsp | |

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

BUST OUT

• Zester • Medium bowl • Small pot • Large pan • Paper towels • Small bowl
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp) • Butter (3 TBSP | 6 TBSP) (Contains: Milk)

DINNER



1 PREP AND MAKE SALSA

Wash and dry all produce. Halve, peel, and thinly slice **onion**. Mince a few slices until you have 3 TBSP. Core, deseed, and thinly slice **poblano** and **bell pepper**. Dice **tomatoes**. Finely chop **cilantro**. Zest **lime** until you have 1 tsp zest; quarter lime. In a medium bowl, combine tomatoes, minced onion, cilantro, juice from 2 lime wedges, **salt**, and **pepper**.



2 COOK RICE

In a small pot, combine **1½ cups water**, **1 stock concentrate**, **½ tsp turmeric** (save the rest for another use), and a pinch of **salt**. Bring to a boil, then stir in **rice**. Cover and reduce heat to low. Cook until rice is tender, about 15 minutes. Turn off heat; keep covered until ready to serve.

Chicken is fully cooked when internal temperature reaches 165 degrees.



3 COOK VEGGIES

Meanwhile, heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion, poblano, bell pepper**, half the **Southwest Spice**, **salt**, and **pepper**. Cook, stirring, until browned and softened, 4-6 minutes. Turn off heat; remove from pan and set aside.



4 COOK AND FINISH CHICKEN

Pat **chicken** dry with paper towels. Heat another large drizzle of **oil** in pan used to cook veggies over medium-high heat. Add chicken; season with **chili powder** and remaining **Southwest Spice**. Cook, stirring, until browned and cooked through, 6-8 minutes. Stir in remaining **stock concentrate**, **¼ cup water**, **2 TBSP butter**, and **cooked veggies** until thoroughly combined. Turn off heat. Season with **salt** and **pepper**.



5 FINISH AND SERVE DINNER

Fluff **rice** with a fork. Stir in **1 TBSP butter** until melted. Season with **salt** and **pepper**. In a small bowl, combine 1 packet **sour cream**, **lime zest**, **1 tsp water**, and juice from remaining **lime wedges**. Season with salt and pepper. Set aside **⅓ of the rice** and **⅓ of the chicken mixture** for lunch. Divide remaining rice and chicken between bowls. Top with half the **salsa**. Drizzle with crema and 1 packet **hot sauce**.

LUNCH



6 MAKE LUNCH FOR TWO

Divide remaining **rice**, remaining **chicken mixture**, and remaining **salsa** between **tortillas**. Roll into burritos and place in reusable containers. Pack remaining **sour cream** and **hot sauce** alongside. Reheat burritos in microwave before enjoying. Serve with sour cream and hot sauce.