



Honey and Orange Chicken Jambalaya

with Tomato Rice

Jambalaya is a traditional Creole dish with rice, tomatoes, onions, green peppers, and some type of protein. Our chefs put a sweet and citrusy spin on it by adding orange zest and a touch of honey to balance out the tomato's acidity. Plus, they added a special blend of chorizo spices for a kick of flavor without too much heat.



Prep: 10 min
Total: 35 min



level 1



nut free



gluten free



dairy free



Chicken Thighs



Chorizo Spice Blend



Yellow Onion



Green Bell Pepper



Basmati Rice



Crushed Tomatoes



Chicken Stock Concentrate



Honey




Parsley



Orange

Ingredients

	2 People	4 People
Chicken Thighs	12 oz	24 oz
Chorizo Spice Blend 	1 T	1 T
Yellow Onion	1	1
Green Bell Pepper	1	2
Basmati Rice	¾ Cup	1½ Cups
Crushed Tomatoes	½ Box	1 Box
Chicken Stock Concentrate	1	2
Honey	½ T	1 T
Parsley	¼ oz	¼ oz
Orange	1	1
Oil*	2 t	4 t

*Not Included

Allergens

None

Tools

Baking sheet, Large pan, Zester

Nutrition 2 person Calories: 590 cal | Fat: 10 g | Sat. Fat: 2 g | Protein: 43 g | Carbs: 88 g | Sugar: 19 g | Sodium: 524 mg | Fiber: 7 g

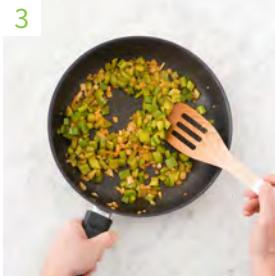
Nutrition 4 person Calories: 544 cal | Fat: 10 g | Sat. Fat: 2 g | Protein: 42 g | Carbs: 78 g | Sugar: 13 g | Sodium: 517 mg | Fiber: 4 g

1



1 Cook the chicken: Preheat oven to 400 degrees. Place **chicken** on a lightly oiled baking sheet, and season with **salt, pepper**, and half the **chorizo seasoning**. Bake until firm and juices run clear when pierced with a knife, about 25 minutes.

3



2 Prep the ingredients: **Wash and dry all produce**. Halve, peel, and dice **onion**. Core, seed, and dice **bell pepper**.

3 Start the jambalaya: Heat a drizzle of **oil** in a large pan on medium-high heat. Add **onions, bell peppers**, and remaining **chorizo seasoning blend**. Toss occasionally until softened, 4-5 minutes. Season with **salt** and **pepper**.

4



4 Add the rice: Add **rice** to pan along with **tomatoes, stock concentrate, ½ Tablespoon honey**, and **1½ cups water**. Bring to a boil, then reduce to low. Cover and simmer until rice is tender, about 15 minutes.

5 Finish: Meanwhile, roughly chop **parsley**. Zest and halve **orange**. When **rice** is tender, reduce heat to low. Stir in **parsley**, juice of half the **orange**, and a pinch of **orange zest** (to taste). Season with **salt** and **pepper**. Cook uncovered, 1-2 minutes.

6



6 Plate: Serve **chicken** on a bed of **rice** and enjoy!

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