



FAJITA CHICKEN TENDERS OVER YELLOW RICE

with Charred Baby Bell Peppers



HELLO YELLOW RICE

Turmeric transforms rice from bright white to a gorgeous golden

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 520



Baby Bell Peppers



Garlic



Lime



Jasmine Rice



Chicken Tenders



Sour Cream
(Contains: Milk)



Yellow Onion



Cilantro



Turmeric



Chicken Stock Concentrate



Fajita Spice Blend

START STRONG


Got a grill? Fire it up! The chicken and veggies will taste great when cooked over the heat of the flames.

BUST OUT

- Medium pot
- Large bowl
- 2 Baking sheets
- Olive oil (1 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|--|----------|
| • Baby Bell Peppers | 12 oz |
| • Yellow Onion | 1 |
| • Garlic | 2 Cloves |
| • Cilantro | ¼ oz |
| • Lime | 1 |
| • Turmeric | 1 tsp |
| • Jasmine Rice | 1 Cup |
| • Chicken Stock Concentrate | 1 |
| • Chicken Tenders | 24 oz |
| • Fajita Spice Blend  | 1 TBSP |
| • Sour Cream | 8 TBSP |

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1 PREP Wash and dry all produce. Adjust broiler rack to six inches from heat source and preheat broiler to high. Cut off and discard stem ends from **bell peppers**, then halve lengthwise, removing any seeds. Halve, peel, and slice **onion**. Mince or grate **garlic**. Chop **cilantro**. Cut **lime** into wedges.



4 BROIL VEGGIES Place baking sheet with **peppers** and **onion** under broiler. Broil until starting to char, 6-8 minutes total, tossing halfway through.



2 MAKE RICE Heat a drizzle of **olive oil** in a medium pot over medium heat. Add **garlic** and **turmeric**. Cook until fragrant, about 1 minute. Stir in **rice** and cook until grains are translucent, another 1 minute. Add **1¾ cups water**, **stock concentrate**, and a pinch of **salt**. Bring to a boil, then cover and reduce to a simmer. Cook until tender, 15-20 minutes.



5 BROIL CHICKEN AND FINISH RICE Place baking sheet with **chicken tenders** under broiler. Broil until cooked through and no longer pink in center, 8-10 minutes total, flipping halfway through. While chicken cooks, stir half the **cilantro** into **rice** and fluff with a fork.



3 PREP CHICKEN Meanwhile, in a large bowl, toss **chicken tenders** with a pinch of **salt** and **fajita spice blend**. Transfer to a lightly oiled baking sheet and arrange in a single layer. On another baking sheet, toss **peppers**, **onion**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**.



6 PLATE Divide **rice** between plates, then top with **chicken** and **veggies**. Dollop with **sour cream**, and garnish with remaining **cilantro**. Serve with **lime wedges** on the side for squeezing.

HOT ROD!

Red peppers, yellow rice, and green herbs will bring traffic to the dinner table.