



Chicken Fajita Bowl

with Peppers & Sour Cream



20-30min



2 Servings

Fajitas are a pretty perfect meal—except when you wrap one up and take a bite, only to have the filling fall out of the other end of the tortilla. Enter the fajita bowl. We've layered brown rice, sautéed peppers, and taco-spiced chicken breast, all topped with fresh cilantro and a drizzle of sour cream. You'll get all the flavors of the sizzling dish in each tidy forkful. Problem solved!

What we send

- 5 oz quick-cooking brown rice
- 2 pkts sour cream
- garlic (use 1 large clove)
- 12 oz pkg boneless, skinless chicken breasts
- taco seasoning (use 2¼ tsp)
- 1 poblano pepper
- 1 bell pepper
- 1 oz scallions
- ½ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot
- fine-mesh sieve
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 33g, Carbs 69g, Proteins 47g



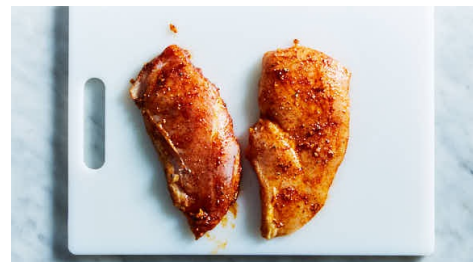
1. Cook rice

Bring a large pot of **salted water** to a boil. Add **brown rice** and cook (like pasta) until rice is tender, about 20 minutes. Drain in a fine-mesh sieve. Return rice to pot and cover to keep warm. Meanwhile, in a small bowl, whisk **1 teaspoon water** at a time into **all of the sour cream** until pourable; season to taste with **salt** and **pepper** and reserve for step 6.



4. Cook peppers

Heat **1 tablespoon** oil in a medium skillet over medium-high. Add **chopped peppers, remaining garlic and scallions, and a pinch each salt and pepper**. Cook, stirring occasionally, until peppers are softened and charred in spots, about 8 minutes (reduce heat if browning too quickly). Transfer to a heatproof bowl.



2. Marinate chicken

Peel and finely chop **2 teaspoons garlic**. Pat **chicken** dry, then pound to an even thickness, if necessary. In a large bowl, stir to combine **2¼ teaspoons taco seasoning**, 1 teaspoon of the chopped garlic, **¼ teaspoon pepper**, and **1 tablespoon oil**. Add chicken and turn to coat. Let marinate at room temperature until step 5.



5. Cook chicken

Heat **1 tablespoon oil** in same skillet medium-high. Add **chicken** and cook until browned on one side, 2-3 minutes. Flip chicken. Add **cooked peppers** and **½ cup water** to skillet. Reduce heat to medium, cover, and cook until peppers are very tender and chicken is cooked through, about 3 minutes.



3. Prep ingredients



Halve **poblano and bell peppers**, remove and discard stems and seeds, then cut into 1-inch pieces. Trim **scallions**, then thinly slice. Pick **cilantro leaves** from **stems**; finely chop stems and coarsely chop **half of the leaves**, leaving the rest whole. Stir chopped cilantro stems and half of the sliced scallions into **cooked rice**.



6. Finish & serve

Add **chopped cilantro leaves** to skillet. Season to taste with **salt** and **pepper**. Serve **rice** topped with **chicken, peppers, and any pan juices**. Spoon **sour cream** over top, then garnish with **remaining whole cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**