

# DINNERLY



## Plant-Based Chicken Fajita Bowl with Rice & Sour Cream

 20-30min  2 Servings

Our hobbies include long scrolls on our phones, drooling of food, and frequent trips to the fridge. This sizzling plant-based chicken fajita bowl really suits our fancy since it comes together in a flash and brings loads of flavor. It leaves us more time for stuffing our face and less time in the kitchen. Because, we are very busy on the 'gram...or er, with work? We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 green bell pepper
- 1 red onion
- ½ lb pkg plant-based chicken <sup>6</sup>
- ¼ oz taco seasoning
- 2 (1 oz) sour cream <sup>7</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 650kcal, Fat 21g, Carbs 84g, Protein 31g



#### 1. Cook rice

In a small saucepan, combine **1¼ cups water, rice,** and **½ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



#### 2. Prep ingredients

Finely chop **1 teaspoon garlic**. Quarter **pepper**, discard stem and seeds, and thinly slice each quarter crosswise. Quarter **onion**, then thinly slice each quarter crosswise.



#### 3. PLANT CHICKEN VARIATION

Pat **plant-based chicken** dry; cut into 1-inch pieces, if necessary. In a medium bowl, combine **plant-based chicken, 2 teaspoons oil, 1 teaspoon taco seasoning, chopped garlic,** and **a pinch each of salt and pepper**; toss to coat plant-based chicken.



#### 4. Sauté veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers, onions,** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until tender and browned in spots, 6–8 minutes. (Reduce heat to medium veggies are browning too quickly.) Stir in **¼ cup water**.



#### 5. Finish & serve

Push **veggies** to one side of skillet, then add **plant-based chicken** to open side. Cook, stirring, until plant-based chicken is warmed through, about 3 minutes. Toss to combine plant-based chicken and veggies; season to taste with **salt and pepper**. Fluff **rice** with a fork. Serve **plant-based chicken and veggies** over **rice** with **sour cream** dolloped over top. Enjoy!



#### 6. Pile it up!

Bulk out this bowl with thinly sliced crisp romaine, spoonfuls of creamy guacamole, and/or sliced jalapenos for a kick of heat.