

MARLEY SPOON



Braised Tex-Mex Chicken Thighs

with Black Beans & Rice



20-30min



2 Servings

We take uber flavorful cut-up chicken thighs and do a quick braise that is full of familiar Tex-Mex flavors. The chicken cooks with poblano peppers, onions, and a Tam-pico de gallo spice blend. The result is a tender stew-like dish—slightly spicy and a little saucy—perfect for spooning over black beans and rice. Cook, relax, and enjoy!

What we send

- cubed chicken thighs
- Tam-pico de gallo
- canned black beans
- jasmine rice
- poblano pepper
- yellow onion
- chicken broth concentrate
- ½ oz fresh cilantro
- 2 oz pickled jalapeños ¹⁷
- 1 oz sour cream ⁷

What you need

- all-purpose flour ¹
- kosher salt & ground pepper

Tools

- colander
- fine-mesh sieve
- small saucepan

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 28g, Carbs
123g, Protein 46g



1. Prep ingredients

Peel and chop **all of the onion** into ½-inch pieces, then finely chop **¼ cup of the onion** and reserve for step 2. Halve **pepper**, remove stem, core and seeds, then cut into ½-inch pieces. Rinse **rice** in a fine-mesh sieve until water runs clear. Drain and rinse **black beans**.



4. Sauté peppers & onions

Add **onions, peppers**, and **2 teaspoons oil** to the same pot. Cook over medium-high until crisp-tender and browned in spots, about 4 minutes. Add **¾ teaspoon Tam-pico de gallo** spice (save rest for own use) and **1 tablespoon flour** to pot. Cook, stirring, until spice is fragrant, about 30 seconds.



2. Cook rice & beans

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **¼ cup finely chopped onion**; cook until softened and browned in spots, about 3 minutes. Add **rice, beans, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes.



5. Build stew

Return **chicken and any juices** to pot. Add **chicken broth concentrate** and **1½ cups water**. Bring to a boil, then partially cover. Cook over medium-high until liquid is reduced by ⅓ and chicken is tender, 7–8 minutes. Season to taste with **salt and pepper**.



3. Brown chicken

As **rice and beans** cook, pat **chicken** dry, then cut into 1-inch pieces, if necessary. Heat **1 tablespoon oil** in a medium pot over medium-high. Add chicken and **a pinch each salt and pepper**. Cook, stirring occasionally, until browned all over, about 5 minutes. Transfer chicken to a plate.



6. Finish & serve

Meanwhile, finely chop **cilantro leaves and stems** and **⅓ of the pickled jalapeños** together (save rest for own use). Fluff **rice and beans** with a fork; season with **salt and pepper**. Serve **chicken stew** with **rice and beans**. Garnish with **sour cream** and **jalapeño-cilantro mixture**. Enjoy!