

# DINNERLY



## Chicken Enchilada Bowl with Quinoa

### Guacamole & Cheddar



20-30min



2 Servings

When the Tex-Mex cravings call, we must answer. And our answer comes pretty quick thanks to our no-fuss, ready-made guac and salsa. Less work for the same great flavors—that's what Dinnerly is all about! We've got you covered!

### WHAT WE SEND

- 1 red onion
- 10 oz pkg ground chicken
- 4 oz salsa
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 2 (2 oz) guacamole
- 3 oz white quinoa

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 700kcal, Fat 37g, Carbs 44g, Protein 46g



#### 1. QUINOA VARIATION

In a small saucepan, combine **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Remove from heat. Keep covered until ready to serve.



#### 2. Prep garlic & onion

While **rice** cooks, finely chop **2 teaspoons garlic**.

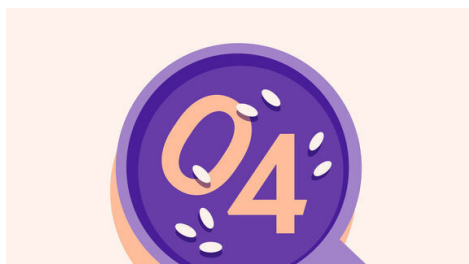
Thinly slice **half of the onion** (save rest for own use), then finely chop 2 tablespoons for serving.



#### 3. Cook onions & chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **sliced onions**; cook, stirring, until slightly softened, about 2 minutes.

Add **ground chicken**; cook, breaking up into smaller pieces, until chicken is cooked through and onions are caramelized, 5–7 minutes more.



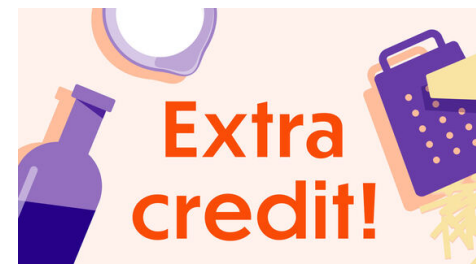
#### 4. Make sauce

To skillet with **chicken**, add **chopped garlic**; cook, stirring, until fragrant, about 30 seconds. Add **salsa** and  $\frac{1}{3}$  **cup water**. Bring to a simmer and cook until sauce has thickened, 3–5 minutes. Season to taste with **salt** and **pepper**.



#### 5. Serve

Fluff **quinoa** with a fork and spoon into bowls. Serve with **chicken, cheese, chopped raw onion**, and **guacamole** over top. Enjoy!



#### 6. Check us out!

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