



## Chicken Breast Strips Burrito Bowl

with Charred Peppers & Crispy Tortilla Strips



20-30min



2 Servings

We've packed all the flavors of a loaded burrito into a lighten-up bowl version. Lean taco-spiced chicken breast strips is the perfect quick-cooking protein for this weeknight-friendly dinner. Crispy baked tortilla strips, charred bell peppers, fluffy rice, and a dollop of sour cream on top provide a delightful combination of textures in each bite.



## What we send

- 5 oz jasmine rice
- 1 bell pepper
- 1 red onion
- 10 oz pkg chicken breast strips
- ¼ oz taco seasoning
- 6 (6-inch) corn tortillas
- 2 (1 oz) sour cream <sup>7</sup>
- 1 lime
- ¼ oz fresh cilantro

## What you need

- olive oil
- kosher salt & ground pepper
- garlic

## Tools

- small saucepan
- rimmed baking sheet
- medium skillet

## Cooking tip

Rolling limes helps to get the juices flowing! Place a lime on a work surface, then gently roll using the palm of your hand.

## Allergens

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

## Nutrition per serving

Calories 860kcal, Fat 34g, Carbs 94g, Protein 43g



### 1. Cook rice

Finely chop **2 teaspoons garlic**.

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **1 teaspoon of the chopped garlic**. Cook, stirring, until rice is lightly toasted, 1 minute. Add **1 ¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes. Keep covered until ready to serve.



### 4. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions, peppers, and a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are tender and slightly browned, 6-7 minutes (reduce heat to medium if browning too quickly). Season to taste with **salt and pepper**. Transfer veggies to a bowl and cover to keep warm.



### 2. Prep ingredients

Meanwhile, preheat oven to 400°F with a rack in the center.

Halve **pepper**; discard stem and seeds. Cut **pepper** and **onion** into 1-inch pieces. Pat **chicken** dry.

In a medium bowl, combine chicken, **1 tablespoon oil**, and **all of the taco seasoning**; toss to coat. Set aside to marinate at room temperature until step 5.



### 5. CHICKEN VARIATION

Immediately, add **chicken** and **1 tablespoon oil** to same skillet over medium-high heat. Cook, stirring occasionally, until chicken is cooked through and golden brown, 3-4 minutes. Stir in **remaining chopped garlic** and cook until fragrant, about 30 seconds more. Add **2 tablespoons water** and stir, scraping up any browned bits. Season to taste with **salt and pepper**.



### 3. Bake tortillas strips

Generously brush **4 tortillas** with **oil** (save rest for own use); season with **salt** and **pepper**. Cut into ¼-inch wide strips and place on a rimmed baking sheet in a single layer.

Bake tortilla strips on center oven rack, tossing halfway through, until golden brown and crisp, 6-10 minutes (watch closely as ovens vary). Remove from oven and sprinkle with **salt**.



### 6. Finish & serve

In a small bowl, thin **all of the sour cream** by stirring in **1 teaspoon water** as needed; season to taste with **salt** and **pepper**. Cut **lime** into wedges. Finely chop **cilantro leaves and stems**. Fluff **rice**; stir in **half of the cilantro**.

Serve **rice** topped with **veggies, chicken, tortillas strips, sour cream, remaining cilantro, and a squeeze of lime**. Enjoy!