

DINNERLY



Low-Cal Cilantro-Lime Grilled Chicken with Rice Pilaf



20-30min



2 Servings

Limes are kind of magical. They give us margaritas. They give us limeade. They give us life. So it's really no surprise this humble citrus is a flavor powerhouse that can also amp up the likes of chicken breast in no time. With a little help from a close bud, cilantro, this grilled chicken and rice pilaf is sure to liven up any weeknight table. We've got you covered!

WHAT WE SEND

- 1 green bell pepper
- 5 oz jasmine rice
- ¼ oz fresh cilantro
- 1 lime
- 10 oz pkg boneless, skinless chicken breast
- 1 oz sour cream¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- small saucepan
- grill or grill pan
- microplane or grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 600kcal, Fat 21g, Carbs 63g, Protein 40g



1. Prep & cook peppers

Halve **pepper**, discard stem and seeds, and thinly slice crosswise.

Heat **2 teaspoons oil** in a small saucepan. Add **sliced peppers** and season with **salt**; cook, stirring, until fragrant, 1–2 minutes. Add **⅓ cup water**; cover and cook until water is evaporated and peppers are slightly softened, 3–4 minutes. Transfer to a bowl and cover to keep warm until step 5. Rinse and dry saucepan.



4. Prep chicken & crema

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Add to bowl with **remaining marinade**.

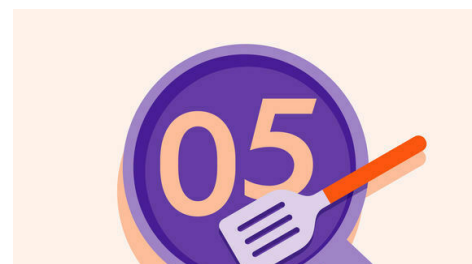
In a separate small bowl, squeeze **another 1 tablespoon lime juice**. Stir in **sour cream**; thin with **1 teaspoon water** at a time until it drizzles from a spoon. Season to taste with **salt**. Cut any remaining lime into wedges.



2. Cook rice

Finely chop **1½ teaspoons garlic**.

Heat **2 teaspoons oil** in same saucepan over medium-high. Add **rice** and **1 teaspoon of the chopped garlic**. Cook, stirring, until garlic is fragrant and rice is lightly toasted, about 1 minute. Add **1¼ cups water** and **¾ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes.



5. Grill chicken & serve

Heat grill pan, if using, over high until very hot. Grill **chicken** until lightly charred and cooked through, about 3 minutes per side. Fluff **rice** with a fork, then stir in **peppers**.

Serve **cilantro-lime chicken** and **rice pilaf** topped with **reserved marinade**, a **drizzle of lime crema**, and **remaining cilantro**. Pass **any lime wedges** for squeezing over top. Enjoy!



3. Make marinade

Preheat grill, if using. Finely chop **cilantro leave and stems**.

Into a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **1 tablespoon lime juice**. Whisk in **remaining chopped garlic**, **half of the cilantro**, and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Set aside **1 tablespoon of the marinade** for serving.



6. No grill, no problem!

Use a skillet! Heat **1 tablespoon oil** in a medium skillet over medium-high heat. Add chicken and cook until browned and cooked through, 3–4 minutes per side.