



## Mexican Chicken & Salsa

with Red Beans, Quinoa & Cheese



30min



2 Servings

Quinoa is a great protein-packed replacement for rice in this Tex-Mex chicken dinner. The grains are nutty, fluffy, and make the perfect base for creamy kidney beans. Quick-cooking, taco-spiced chicken breasts are topped with a fresh salsa that bursts with flavor, thanks to juicy plum tomatoes, fresh cilantro, garlic, and a squeeze of lime juice.

## What we send

- garlic
- 1 lime
- 15 oz can kidney beans
- 3 oz white quinoa
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend <sup>1</sup>

## What you need

- olive oil
- kosher salt & pepper

## Tools

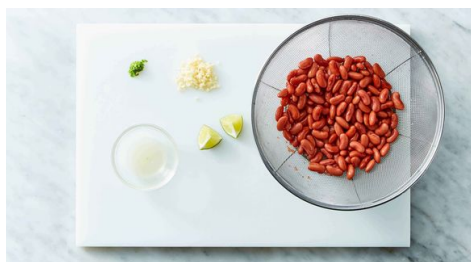
- microplane or grater
- small saucepan
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 710kcal, Fat 28g, Carbs 57g, Protein 62g



### 1. Prep ingredients

Finely chop **2 teaspoons garlic**.

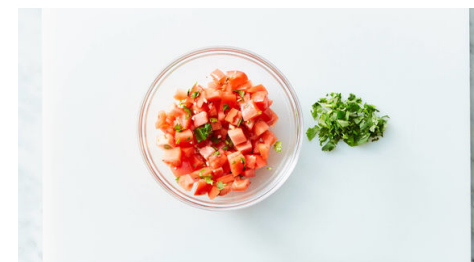
Finely grate **¼ teaspoon lime zest** then squeeze **1 tablespoon juice**, keeping them separate. Cut any remaining lime into wedges.

Drain **beans**, then rinse well.



### 2. Cook quinoa

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **1 teaspoon of the chopped garlic**; cook, stirring, until fragrant, 30 seconds. Add **beans** and cook until warm, 1-2 minutes. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until quinoa is tender and water is absorbed, 15-17 minutes. Cover to keep warm.



### 3. Make salsa

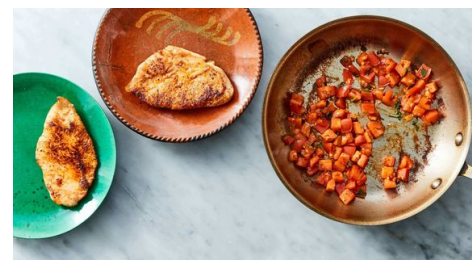
Core **tomatoes**, then cut into ¼-inch pieces. Coarsely chop **cilantro leaves and stems** together.

In a medium bowl, combine **tomatoes, lime juice, remaining chopped garlic**, and **half of the cilantro**. Season to taste with **salt and pepper**.



### 4. Season chicken

Pat **chicken** dry and season all over with **salt, pepper**, and **1 teaspoon taco seasoning**.



### 5. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Cook **chicken** until browned and cooked through, 2-3 minutes per side. Transfer to plates.

Add **salsa** to same skillet and cook over medium-high heat, stirring, until just warm, about 1 minute.



### 6. Finish & serve

Fold **cheese** and **lime zest** into **quinoa and beans**.

Spoon **salsa** over **chicken**, then garnish with **remaining cilantro**. Serve with **quinoa and beans** and **lime wedges** alongside. Enjoy!