

DINNERLY



No Chop! Low-Cal Spanish-Style Chicken & Rice

with Roasted Peppers & Peas



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this Spanish-style chicken and rice?

Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the rice, add chicken, peas, and roasted red peppers, then bake. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ¼ oz paprika
- 5 oz jasmine rice
- ¼ oz turmeric
- 1 pkt chicken broth concentrate
- 2½ oz peas
- 4 oz roasted red peppers

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- medium ovenproof pot

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 520kcal, Fat 10g, Carbs 68g, Protein 39g

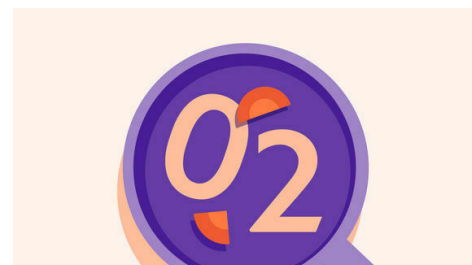


1. Prep chicken & toast rice

Preheat oven to 425°F with a rack in the center.

Pat **chicken** very dry; season each breast with **salt**, **pepper**, and ½ **teaspoon paprika**.

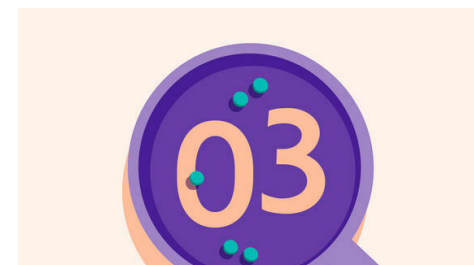
Heat 1 **tablespoon oil** in a medium ovenproof pot over medium-high. Add **rice**; cook, stirring, until toasted and fragrant, 2–3 minutes. Add 1 **teaspoon turmeric**; cook, stirring, 30 seconds.



2. Cook rice & bake

To pot with **rice**, add 1¼ **cups water**, **broth concentrate**, and ½ **teaspoon salt**; bring to a boil over high heat. Off heat, stir in **roasted red peppers**. Place **chicken** on top of rice in the center.

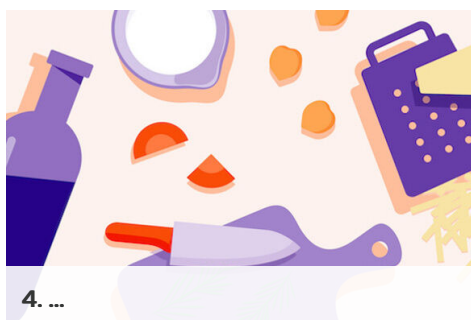
Cover with a lid or foil. Cook on center oven rack until water is absorbed and rice and chicken are cooked through, 18–20 minutes.



3. Finish & serve

Remove **rice** from oven and sprinkle **peas** on top. Cover and let rest until peas are warmed through, about 5 minutes. Remove **chicken** and slice, if desired. Stir peas into rice; season to taste with **salt** and **pepper**.

Serve **Spanish-style rice** topped with **chicken**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!