



Martha's Best Cilantro-Lime Grilled Chicken

with Quinoa-Poblano Pilaf & Salsa



30-40min



2 Servings

This zesty poblano pepper infused quinoa topped with cilantro-lime chicken will put some pep in your step! If you don't have a grill or grill pan, heat 1 tablespoon oil in a large skillet over medium-high. Add the chicken and cook until golden-brown and cooked through, about 3 minutes per side.

What we send

- 1 poblano pepper
- garlic
- 3 oz tri-color quinoa
- 1 plum tomato
- ¼ oz fresh cilantro
- 2 limes
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz sour cream ⁷
- 5 oz baby spinach

What you need

- olive oil
- kosher salt
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

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

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 33g, Carbs 37g, Protein 48g



1. Cook poblanos

Heat grill to high, if using. Halve **poblano pepper**, remove stem, core, and seeds, then cut into ¼-inch thin strips. Heat **1 tablespoon oil** in a small saucepan. Add poblanos and **½ teaspoon salt**. Cook until fragrant, 1-2 minutes. Add **3 tablespoons water**. Cover and cook until water evaporates and peppers soften, about 3 minutes. Transfer peppers to a bowl and cover; reserve for step 6.



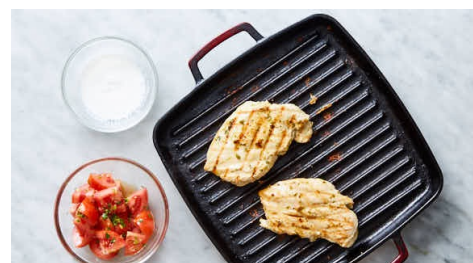
4. Marinate chicken

To the medium bowl with **lime zest and juice**, whisk in **chopped cilantro**, **remaining garlic**, **3 tablespoons oil**, **1 tablespoon vinegar**, **½ teaspoon salt**, and **a few grinds of pepper**. Reserve **2 tablespoons of the dressing** in a second medium bowl for step 5. Pat **chicken** dry and pound to a ¼-inch thickness, if desired. Add chicken to bowl with remaining dressing.



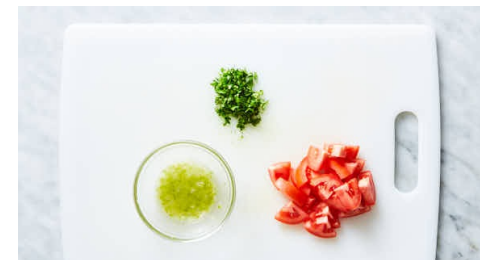
2. Cook quinoa

Finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in saucepan over medium-high. Add **quinoa** and **1 teaspoon of the chopped garlic**. Cook until fragrant and lightly toasted, about 1 minute. Add **¾ cup water** and **½ teaspoon salt**; bring to boil. Cover, reduce heat to low, and cook until water is absorbed and quinoa is tender, 12-15 minutes. Fluff with a fork; cover to keep warm.



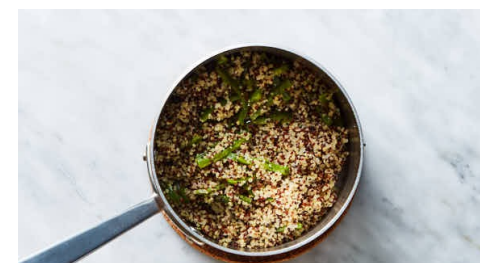
5. Make salsa & cook chicken

Heat a grill pan to high, if using, until very hot. Add **tomatoes** to bowl with **reserved 2 tablespoons of dressing** and toss to combine. In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** as needed and **a pinch of salt**. Add **chicken** to grill or grill pan and cook until lightly charred on each side and cooked through, about 3 minutes per side.



3. Prep ingredients

Cut **tomatoes** into ½-inch pieces. Pick **a few cilantro leaves** from **stems**; reserve for step 6. Finely chop remaining cilantro leaves and stems. In a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **2 tablespoons juice**.



6. Make salad & serve

Stir **poblanos** into **cooked quinoa**; transfer to plates. Top with **chicken** and, using a slotted spoon, top chicken with **salsa**; reserve the dressing remaining in the salsa bowl. Add **spinach** to the remaining dressing and toss to combine. Drizzle **crema** over chicken, and top with **reserved whole cilantro leaves**. Serve **spinach salad** alongside. Enjoy!