

# MARLEY SPOON



## Tray Bake: Tex-Mex Chicken & Rice

with Corn & Black Bean Salad



40-50min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Enchilada sauce, green chiles, and Tex-Mex spice flavor chicken and rice while they bake to tender perfection. On the side is a corn and black bean salad with some more of those delicious green chiles, red onion, cilantro, and lime. Don't mind if we do!



## What we send

- aluminum foil tray
- 5 oz jasmine rice
- 4 oz red enchilada sauce
- 4 oz can chopped green chiles
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Tex-Mex spice blend
- 15 oz can black beans
- 1 red onion
- ¼ oz fresh cilantro
- 1 lime
- 5 oz corn

## What you need

- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- aluminium foil
- fine-mesh sieve
- microplane or grater
- microwave

## Allergens

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

## Nutrition per serving

Calories 900kcal, Fat 25g, Carbs 115g, Protein 55g



### 1. Prep chicken & rice

Preheat oven to 350°F with racks in the center and 6 inches away from broiler. In aluminum tray, combine **rice, enchilada sauce, half of the green chiles, 1 teaspoon salt**, and **¾ cup water**. Pat **chicken** dry; in a medium bowl, toss with **1 tablespoon oil** and **all of the Tex-Mex seasoning**; season with **salt** and **pepper**. Arrange chicken on top of rice.



### 4. Finish & serve

Mix **corn and black bean salad** well.

Remove foil from tray. Broil **chicken** and **rice** on upper rack until chicken is browned in spots, rotating tray occasionally for even browning, 4-6 minutes (watch closely as broilers vary). Cut **remaining lime** into wedges. Serve **chicken and rice** with **corn and black bean salad** and **lime wedges**. Enjoy!



### 2. Bake chicken & rice

Cover tray tightly with aluminum foil. Bake on center rack until **rice** is tender and chicken is cooked through, 30-35 minutes. Remove from oven and rest, covered, for 5 minutes. Switch oven to broil.

Meanwhile, drain and rinse **beans**. Finely chop **half of the onion**. Finely chop **cilantro leaves and stems**. Finely grate **zest of half the lime**; squeeze **1 tablespoon lime juice**.



### 5. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.



### 3. Make salad

In a large microwave-safe bowl, toss **corn** with **½ teaspoon each salt and sugar**. Microwave, covered, until bright yellow and tender, 2-3 minutes. Transfer to a fine mesh sieve and run under cold water. In same bowl, combine **corn, beans, remaining green chiles, cilantro, 1 teaspoon sugar, lime zest and juice**, and **2 tablespoons oil**; season to taste with **salt** and **pepper**.



### 6. Check us out!

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