

DINNERLY



Enchilada Chicken with Garlicky Rice & Corn



20-30min



2 Servings

This flavor-packed chicken dinner will disappear just as quickly as it comes together. Get the best parts of saucy enchiladas without the fuss of stuffing and rolling tortillas. Because, that means more time for virtual happy hour and game night. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ¼ oz taco seasoning
- 8 oz tomato sauce
- 10 oz pkg boneless, skinless chicken breast
- 5 oz corn
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- neutral oil, such as vegetable
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- garlic

TOOLS

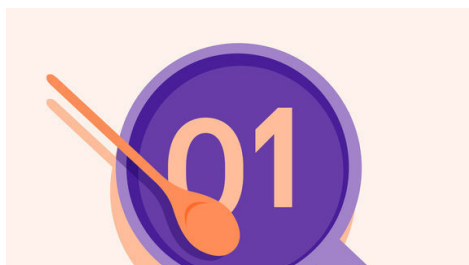
- small saucepan
- medium ovenproof skillet

ALLERGENS

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

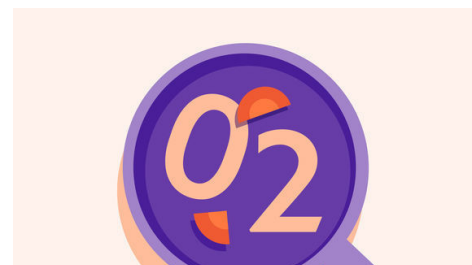
NUTRITION PER SERVING

Calories 800kcal, Fat 30g, Carbs 87g, Protein 49g



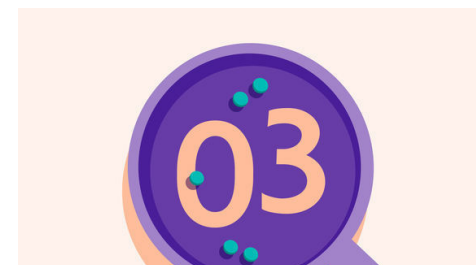
1. Cook rice

Peel and finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium. Add **rice** and half of the chopped garlic; cook, stirring, until fragrant, about 1 minute. Add **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to low, and cook until rice is tender, 17 minutes. Remove from heat and keep covered until ready to serve.



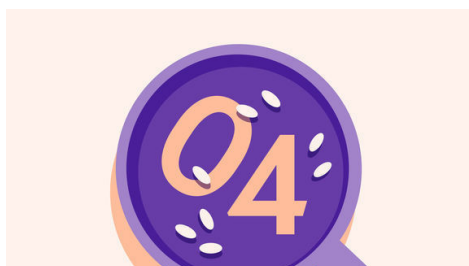
2. Prep sauce & ingredients

Preheat broiler with top rack 6 inches from heat source. In a medium bowl, whisk **1 tablespoon of the taco seasoning** and **1 teaspoon flour**, then gradually whisk in **2 tablespoons water** to combine. Stir in **tomato sauce** and **2 teaspoons oil**; season to taste with **salt** and **pepper**. Pat **chicken** dry; season with **salt** and **pepper**.



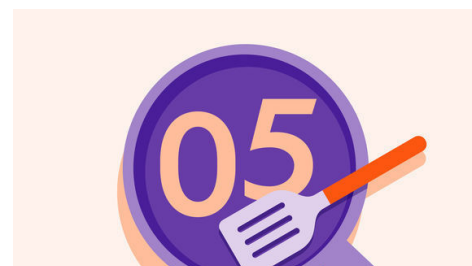
3. Sauté corn

Heat **2 teaspoons oil** in a medium ovenproof skillet over medium. Add **corn** and cook, without stirring, until corn is browned in spots, 2–3 minutes. Stir in **remaining chopped garlic**, then cook 1 minute. Season to taste with **salt** and **pepper**. Transfer to a bowl; cover to keep warm.



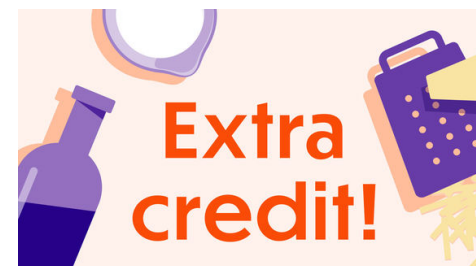
4. Cook chicken & sauce

Heat **2 teaspoons oil** in same skillet over medium–high. Add **chicken** to skillet, and cook until browned and cooked through, 2–3 minutes per side. Transfer to plates. Add **sauce** to skillet, and cook until slightly reduced, about 2 minutes.



5. Broil chicken & serve

Return **chicken** to skillet with **sauce**, turning to coat. Top with **cheese**. Broil on top oven rack until **cheese** is melted and **sauce** is bubbling, 2–3 minutes. Fluff **rice** with a fork. Serve **enchilada chicken** over **rice** with **corn** alongside. Enjoy!



6. Veggie boost!

For an extra veggie boost, coat seasonal veggies (like bell peppers, zucchini, squash, or even tender broccolini) with olive oil, salt, and pepper. Grill or broil until slightly charred.