

DINNERLY



Taco-Spiced Chicken with Garlicky Rice Pilaf & Broccoli



20-30min



2 Servings

Taco 'bout a good time. We're not just combining taco-y ingredients in a plain old bowl. We're covering juicy boneless chicken breast in our taco spice blend, cooking it up in a salsa pan sauce, and finishing it off with a cool garlicky crema. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz taco seasoning
- 4 oz salsa
- 1 oz sour cream ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 710kcal, Fat 28g, Carbs 70g, Protein 41g



1. Cook rice

Finely chop **1 teaspoon garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium. Add **rice** and **¾ teaspoon of the chopped garlic**; cook, stirring, until fragrant, 1–2 minutes. Add **1¼ cups water** and **1 teaspoon salt**. Bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender, about 17 minutes. Keep covered off heat until ready to serve.



2. Roast broccoli

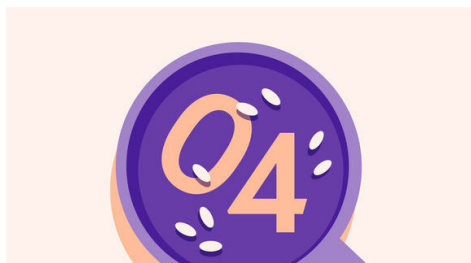
Preheat oven to 450°F with a rack in the lower third.

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until tender and browned in spots, about 12 minutes.



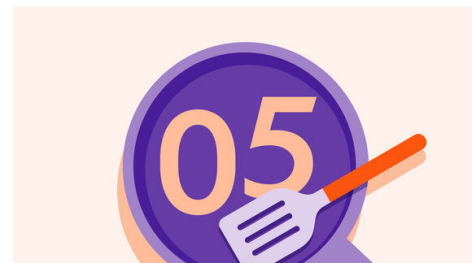
3. Season chicken

Pat **chicken** dry, then pound to ½-inch thickness, if desired. Season all over with **salt**, **pepper**, and **1 teaspoon taco seasoning** (or less depending on heat preference).



4. Cook chicken & make sauce

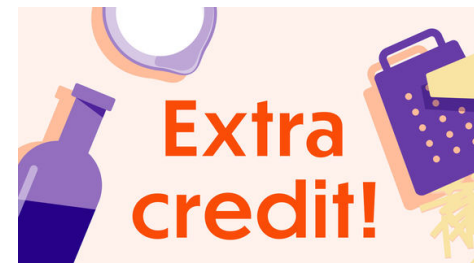
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned on the bottom, 2–3 minutes. Flip, then spoon **salsa** over top. Reduce heat to medium and cover. Cook until chicken is cooked through and salsa is warm, about 3 minutes. Remove from heat and stir in **½ tablespoon butter**. Season **pan sauce** to taste with **salt** and **pepper**.



5. Make crema & serve

In a small bowl, combine **sour cream** and **remaining chopped garlic**. Stir in **1 tablespoon water** at a time, as needed, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.

Serve **taco-spiced chicken** with **pan sauce** spooned over top and with **garlicky rice pilaf** and **roasted broccoli** alongside. Drizzle **crema** over top. Enjoy!



6. Make it last!

Turn any leftovers into tomorrow's taco party! Shred the chicken into smaller pieces, then stuff it all into corn or flour tortillas. Add a dollop of guacamole or crunchy slaw for the extra kick your week needs.