



Chicken Fajita Bowl

with Peppers & Sour Cream



40-50min



2 Servings

Fajitas are a pretty perfect meal—except when you wrap one up and take a bite, only to have the filling fall out of the other end of the tortilla. Enter the fajita bowl. We've combined brown rice, sautéed peppers, and taco-spiced chicken breast, and top it all off with fresh cilantro and a drizzle of sour cream. You'll get all the flavors of the sizzling dish in each tidy forkful.

What we send

- 5 oz brown rice
- 1 oz sour cream ⁷
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz taco seasoning
- 1 poblano pepper
- 1 bell pepper
- 2 scallions
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- medium skillet

Cooking tip

Boiling rice in an unmeasured amount of water, then draining it through a fine-mesh sieve eliminates common issues with adding too much water (mushy rice) or too little water (crunchy rice).

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 28g, Carbs 64g, Protein 48g



1. Boil rice & prep crema

Fill a medium pot with **salted water** and bring to a boil. Add **brown rice** to boiling water and cook (like pasta) until rice is tender, 35-40 minutes. Drain rice; return to pot and cover to keep warm.

In a small bowl, thin **sour cream** by stirring in **1 teaspoon water** at a time, as needed. Season to taste with **salt** and **pepper**; set aside until ready to serve.



4. Cook peppers

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **poblano and bell peppers, remaining garlic and scallions, and a pinch each of salt and pepper**. Cook, stirring occasionally, until peppers are softened and charred in spots, about 8 minutes (reduce heat if browning too quickly). Transfer to a bowl.



2. Marinate chicken

Finely chop **2 teaspoons garlic**. Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary.

In a large bowl, stir to combine **taco seasoning, 1 tablespoon oil, 1 teaspoon of the chopped garlic, and ¼ teaspoon pepper**. Add chicken and turn to coat. Set chicken aside to marinate at room temperature until step 5.



5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until browned on the bottom, 2-3 minutes. Flip chicken, then return **cooked peppers** to skillet along with **⅓ cup water**. Reduce heat to medium; cover and cook until peppers are tender and chicken is cooked through, about 3 minutes.



3. Prep ingredients

Halve **poblano and bell peppers**, discard stems and seeds, then cut each into 1-inch pieces. Trim **scallions**, then thinly slice. Pick **cilantro leaves** from **stems**; finely chop stems and coarsely chop half of the leaves, keeping remaining leaves whole.

Stir **chopped cilantro stems** and **half of the sliced scallions** into pot with **cooked rice**.



6. Finish & serve

Stir **chopped cilantro leaves** into skillet with **chicken and peppers**. Season to taste with **salt and pepper**.

Serve **cilantro rice** topped with **chicken, peppers, and any pan juices**. Spoon **seasoned sour cream** over top, and garnish with **whole cilantro leaves**. Enjoy!