



Tray Bake: White Chicken Chili Rice Bake

with Cilantro & Lime



40-50min



2 Servings

There are few things we love more than an easy prep, easy clean-up dinner. Tonight, the flavors of white chicken chili take over which means green chiles, cumin, and oregano are a must. Tender cannellini beans add heft and texture, while fluffy jasmine rice soaks in all those chili flavors. Succulent chicken breast strips cook atop the rice and it's all finished off with a sprinkle of cheddar and cilantro and squeeze of lime.

What we send

- 15 oz can cannellini beans
- 10 oz pkg chicken breast strips
- ¼ oz fresh cilantro
- 1 pkt chicken broth concentrate
- aluminum foil tray
- 5 oz jasmine rice
- 4 oz can chopped green chiles
- 2½ oz corn
- ¼ oz ground cumin
- ¼ oz dried oregano
- 1 lime
- 2 oz shredded cheddar-jack blend ⁷

What you need

- kosher salt & ground pepper

Tools

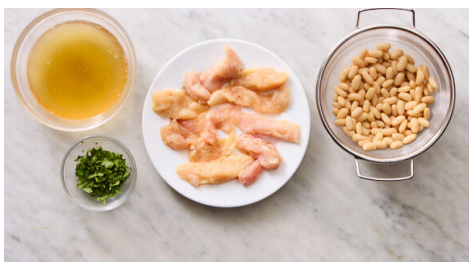
- fine-mesh sieve
- microwave
- aluminium foil

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 12g, Carbs 98g, Protein 55g



1. Prep ingredients

Preheat oven to 375°F. Drain **beans**, rinse with cold water, and drain well again. Pat **chicken** dry and season with **salt** and **pepper**.

Roughly chop **cilantro leaves and stems**.

Microwave **1¼ cups water** until boiling, about 2 minutes. Add **broth packet** and stir to combine.



2. Assemble rice bake

Directly to aluminum tray, add **rice, beans, green chiles, corn, hot broth mixture, 2 teaspoons each of cumin and oregano, half of the cilantro**, and **1½ teaspoons salt**. Stir until ingredients are evenly distributed.



3. Bake

Place **chicken** on top of **rice mixture**. Cover tray tightly with aluminum foil. Bake until **liquid** is absorbed and rice and chicken are cooked through, about 30 minutes. Remove and let rest, covered, for 5 minutes.



4. Serve

Cut **lime** into wedges. Fluff **rice bake** with a fork and top with **cheddar, remaining cilantro**, and **a squeeze of lime**. Season with **salt** and **pepper** to taste. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon meal!