



## Seared Chicken & Cauliflower in Adobo Sauce

with Brown Rice & Garlic-Sesame Green Beans



30-40min



2 Servings

Adobo sauce is sweet, tart, a little spicy, and utterly addictive. We make our adobo with fresh Fresno chiles and garlic that simmer in creamy coconut milk. The adobo coats seared chicken breast and roasted cauliflower wedges which develop a caramelized char in the oven. We serve garlicky green beans and nutty brown rice alongside—perfect for soaking up the thick rich sauce.



## What we send

- 5 oz quick-cooking brown rice
- 1 head cauliflower
- ½ lb green beans
- 2 scallions
- 1 Fresno chile
- garlic
- ¾ oz coconut milk powder<sup>7,15</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz pkt toasted sesame seeds<sup>11</sup>
- 2 oz tamari soy sauce<sup>6</sup>
- ¼ oz cornstarch

## What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)
- sugar

## Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium skillet

## Allergens

Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 32g, Carbs 85g, Protein 57g



### 1. Prep oven & boil rice

Preheat oven to 450°F with racks in the upper and lower thirds. Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve.



### 4. Roast chicken & veg

When **cauliflower** has roasted 15 minutes, flip and push to one side of sheet. Add **green beans** to open side; toss with **1 tablespoon oil** and season with **salt and pepper**. Roast **veggies** on upper rack and **chicken** on lower rack until veggies are tender and browned and chicken is cooked through, 10-15 minutes. Immediately toss beans with **1 teaspoon garlic** and **sesame seeds**.



### 2. Roast veg & chicken

Trim stem ends from **cauliflower**, then cut through the root into 8 wedges (it's okay if some smaller pieces break off). Transfer cauliflower to a rimmed baking sheet. Drizzle with **2 tablespoons oil** and gently rub all over to coat. Season with **salt** and **pepper**. Roast on upper oven rack until cauliflower is well browned on the bottom, 15 minutes.



### 5. Make adobo sauce

Heat **1 teaspoon oil** a medium skillet over medium. Add **remaining chopped garlic** and **Fresno chiles** (or less for less heat); cook, stirring, 1 minute. Add **coconut milk mixture, tamari, 2 tablespoons vinegar, 1 tablespoon sugar, and ¾ teaspoon cornstarch**; bring to a simmer. Reduce heat and cook, stirring, until sauce has thickened to coat a spoon, 3-4 minutes.



### 3. Prep ingredients

Trim stem ends from **green beans**. Trim **scallions**, then thinly slice. Trim ends from **Fresno chile**, then thinly slice crosswise. Finely chop **2 teaspoons garlic**. In a small bowl or measuring cup, whisk to combine **coconut milk powder** and **½ cup warm tap water**. Pat **chicken** dry; season all over with **salt and pepper**. Add to a 2nd rimmed baking sheet and drizzle with **oil**.



### 6. Finish & serve

Serve **cauliflower and chicken** over **brown rice** with **adobo sauce** poured over top and **sesame green beans** alongside. Sprinkle with **scallions**. Enjoy!