

# DINNERLY



## Southwestern Chicken & Rice Bowl with Beans, Guac & Corn-Poblano Sauté



20-30min



2 Servings

How much flavor can you pack into one bowl? After a thorough investigation, we've concluded that the answer is: a lot. The proof is in this rice bowl piled high with saucy beans, corn, guac, and—the pièce de résistance—lean chicken strips and tender sautéed poblano peppers. Can we get a "YUM"? We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 poblano pepper
- 15 oz can pinto beans
- 5 oz corn
- ½ lb pkg chicken breast strips
- 2 (4 oz) red enchilada sauce
- 2 (2 oz) guacamole

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 750kcal, Fat 18g, Carbs 110g, Protein 41g



#### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



#### 2. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into thin strips.

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans**; set aside until step 4.



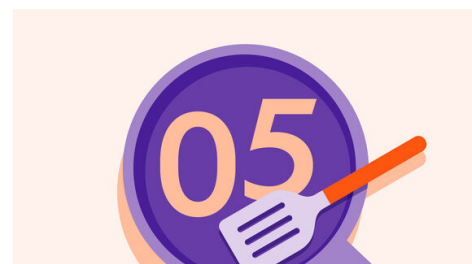
#### 3. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and a **pinch each of salt and pepper**; cook, stirring, until lightly browned and tender, about 5 minutes. Stir in **corn** and **chopped garlic**; cook, stirring, until corn is tender and warmed through, and garlic is fragrant, 2–3 minutes more. Transfer to a bowl; cover to keep warm until ready to serve.



#### 4. CHICKEN VARIATION

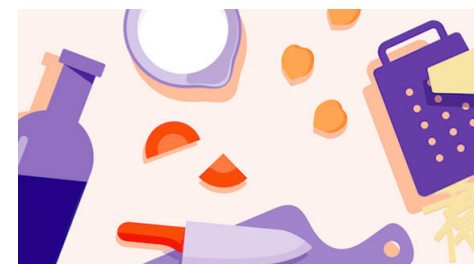
Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Add chicken to bowl with **veggies**. Wipe out skillet.



#### 5. Cook beans & serve

To same skillet over medium heat, add **beans** and **all of the enchilada sauce**. Bring to a simmer and cook, stirring occasionally, until sauce is slightly thickened, 3–5 minutes. Season to taste with **salt** and **pepper**.

Serve **rice** topped with **chicken**, **beans**, **corn**, and **peppers**. Dollop **guacamole** over top. Enjoy!



#### 6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!