

DINNERLY



Brazilian Chicken Feijoada with Black Beans & Rice



30min



2 Servings

One of Brazil's most beloved comfort dishes, feijoada is sure to knock you off your feet (in a good way). This stick-to-your-bones stew features a hearty mix of black beans and chicken strips livened up with Tex-Mex spice and a hit of sweet acidity from fresh orange juice. Ladle it all over rice and kiss your hunger adeus. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 yellow onion
- 1 green bell pepper
- 1 orange
- ½ lb pkg chicken breast strips
- ¼ oz Tex-Mex spice blend
- 15 oz can black beans

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- apple cider vinegar (or red wine vinegar)
- sugar

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 820kcal, Fat 17g, Carbs 124g, Protein 48g



1. Cook rice & prep

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

Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Halve **pepper**, discard stem and seeds, and finely chop. Halve **orange**.



2. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **2 teaspoons oil** in a medium skillet over high. Add chicken; cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until chicken is almost cooked through, about 1 minute more. Transfer to a plate.



3. Start feijoada

Heat **1 tablespoon oil** in same skillet over medium-high. Add **onions, peppers** and a **pinch of salt**; cook, stirring, until softened, 3–4 minutes. Add **chopped garlic** and **Tex-Mex spice**; cook, stirring, until fragrant, 1 minute. Add **beans and their liquid, ¾ cup water**, and **½ teaspoon salt**; bring to a simmer.



4. Finish feijoada

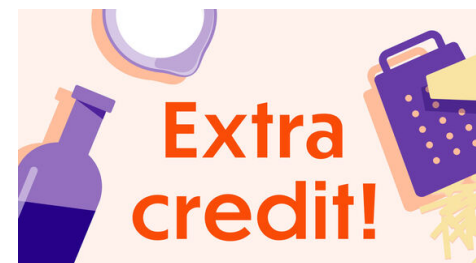
Return **chicken** to skillet with **beans**. Reduce heat to medium and simmer, stirring occasionally, until slightly thickened and flavors have melded, about 10 minutes.

Squeeze juice from **one orange half** into stew; cut remaining half into wedges. Stir in **1 teaspoon vinegar** and **½ teaspoon sugar**. Season to taste with **salt** and **pepper**.



5. Serve

Serve **chicken feijoada** over **rice**. Enjoy!



6. Rate your plate!

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