

# DINNERLY



## Low Carb Cheesy Enchilada Chicken

with Taco Cauliflower Rice & Beans



2 Servings

Savor the rarity of "low carb" and "quesadilla" being on the same plate. We've got you covered!

## WHAT WE SEND

- ¼ oz fresh cilantro
- 1 lime
- 1 oz sour cream <sup>7</sup>
- 15 oz can black beans
- 12 oz cauliflower rice
- ¼ oz taco seasoning
- 10 oz pkg boneless, skinless chicken breast
- 4 oz pkt green enchilada sauce <sup>1,6</sup>
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

## TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

## ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 500kcal, Fat 16g, Carbs 43g, Protein 54g



### 1. Prep ingredients

Preheat broiler to high with a rack in the upper third. Remove **cilantro leaves** from stems; finely chop stems and wrap leaves in a damp paper towel and set aside for step 6.

Zest **half of the lime** and cut remainder of lime into wedges. Thin out **sour cream** with **water**, one teaspoon at a time, to reach a drizzle consistency. Drain **beans** and rinse under cold water.



### 4. Cook chicken

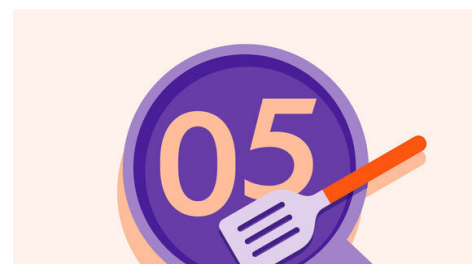
Heat **1 tablespoon oil** in a medium skillet over medium high heat. Add **chicken** and cook until browned and cooked through, 3—5 minutes per side.

Reduce heat to medium and add **¼ cup water** to pan. Bring to a simmer, scraping up browned bits from bottom of pan. Add **enchilada sauce** and **cilantro stems** to skillet and bring to a simmer.



### 2. Cook rice

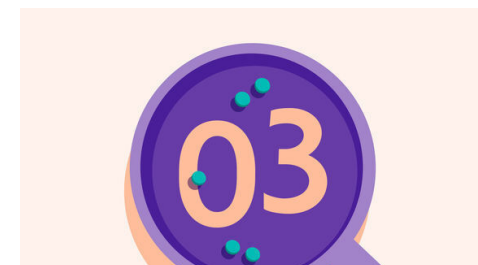
Add **cauliflower rice** to sheet tray; toss with **2 tablespoons oil** and season with **salt** and **pepper**. Spread into a single layer and broil until cauliflower is just starting to brown, 3—5 minutes.



### 5. Finish & serve

Flip **chicken** so that it's coated in the **sauce**, then top with **cheese**. Cover skillet and cook until cheese is melted, 1—2 minutes more.

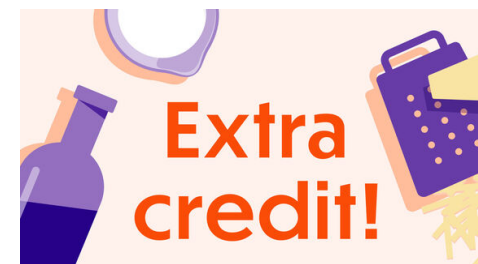
Transfer **chicken** to plates, garnish with **cilantro leaves**, and pour **sauce** around chicken. Serve with **rice and beans** drizzled with **sour cream**, with lime wedges alongside. Enjoy!



### 3. Cook beans, prep chicken

Add **beans** to tray with **cauliflower rice** and toss with **taco seasoning**. Spread into a single layer, return to broiler, and cook until beans are warmed through and cauliflower rice is tender, 3—5 minutes more. Toss with **lime zest** and season to taste with **salt** and **pepper**.

Meanwhile, pat **chicken** dry and season with **salt** and **pepper**.



### 6. Add some heat!

If you're a fellow fan of spice, add your favorite hot condiment to the mix.