

DINNERLY



Tray Bake: Ranch Chicken & Rice Casserole

with Broccoli & Fried Onions



30-40min



2 Servings

Few flavors have the widespread public admiration ranch does. It's a dressing. It's a seasoning. It's savory. It's tangy. It's everything we want and then some. So coat tender chicken strips in ranch seasoning and broil 'em atop this easy peasy tray bake with fluffy jasmine rice, tender-crisp broccoli, creamy cheddar-jack cheese, and crisp fried onions for a truly loveable dinner. We've got you covered!

WHAT WE SEND

- aluminum foil tray
- 5 oz jasmine rice
- 1 pkt chicken broth concentrate
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- ¼ oz ranch seasoning ⁷
- 2 (1 oz) cream cheese ⁷
- 2 oz shredded cheddar-jack blend ⁷
- ½ oz fried onions ⁶

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- aluminium foil

COOKING TIP

If your broiler has multiple settings, set it to high heat during step 4.

ALLERGENS

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

NUTRITION PER SERVING

Calories 900kcal, Fat 51g, Carbs 73g, Protein 43g



1. Start rice

Preheat oven to 425°F with a rack in the top position.

In aluminum tray, combine **rice**, **1¼ cups water**, **broth packet**, **1 tablespoon oil**, and **½ teaspoon salt**. Cover with foil and cook on top rack until rice is nearly tender and liquid is almost absorbed, 10 minutes.

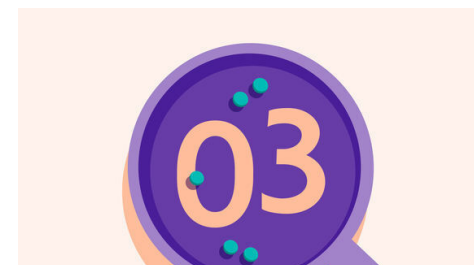


2. Prep chicken & broccoli

Meanwhile, cut **broccoli** into 1-inch florets, if necessary.

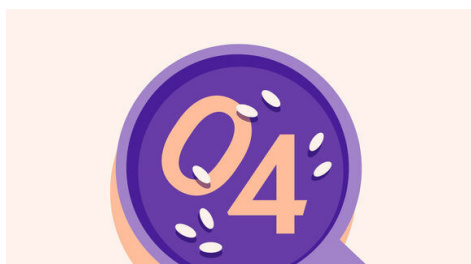
Pat **chicken** dry and cut into 1-inch pieces, if necessary. In a bowl, toss chicken with **2 tablespoons oil** and **ranch seasoning**.

Add **broccoli** and **1 tablespoon oil**, and toss to coat. Season lightly with **salt** and **pepper**.



3. Add chicken & broccoli

Remove **rice** from oven after 10 minutes. Carefully pull back foil, and stir in **cream cheese**. Top with **chicken and broccoli**. Re-cover with foil and cook until rice is cooked, liquid is absorbed, chicken is cooked through, and broccoli is crisp-tender, about 10 minutes more.



4. Broil & serve

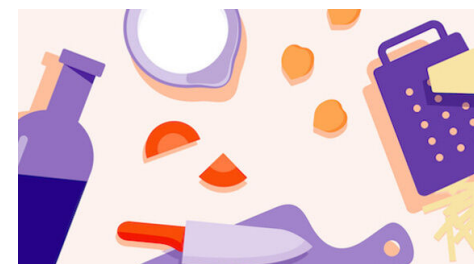
Switch oven to broil.

Remove foil, stir **rice, chicken, and broccoli** to combine, and top with **cheese**. Broil on top rack until browned in spots, 1–2 minutes (watch closely as broilers vary). Top with **fried onions**. Enjoy!



5. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.



6. Check us out!

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