



Smothered Chicken & Creole Rice

with Creamy Onion Gravy & Green Beans



30-40min



2 Servings

This smothered chicken is a staple in down-home cooking, and our version features lean chicken breast covered in a creamy, onion gravy. We serve this savory chicken with fluffy Creole-style rice and crisp roasted green beans.

What we send

- 1 red onion
- 2 plum tomatoes
- 1 small bag celery
- garlic
- ½ lb green beans
- ¼ oz smoked paprika
- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- 1 oz cream cheese ¹

What you need

- neutral oil
- kosher salt & pepper

Tools

- medium saucepan
- meat mallet (or heavy skillet)
- medium skillet
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 25g, Carbs 84g, Protein 49g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Halve, peel, and finely chop **⅓ cup onion**, then thinly slice remaining onion. Finely chop **tomatoes**. Thinly slice **celery**. Peel and finely chop **1 teaspoon garlic**. Trim ends from **green beans**.



4. Roast green beans

On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil**, then season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 8-10 minutes.



2. Cook Creole rice

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **chopped onions and celery**; cook, stirring, until softened, 2-3 minutes. Add **tomatoes, garlic**, and **1 teaspoon of the smoked paprika**; cook until tomatoes are softened, 1-2 minutes. Add **rice, 1¼ cups water**, and **¾ teaspoon salt**, bring to a boil. Cover; cook over low heat until water is absorbed, about 17 minutes.



5. Cook onion gravy

Add **sliced onions** to reserved skillet over medium heat. Cook, stirring occasionally, until golden and softened, about 3 minutes. In a liquid measuring cup, whisk **turkey broth concentrate, cream cheese**, and **⅔ cup water**. Stir broth mixture into skillet with onions. Cook, stirring occasionally, until gravy is thickened, 2-3 minutes.



3. Cook chicken

Meanwhile, pat **chicken** dry, then pound to ½-inch thickness. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked to an internal temperature of 165°F, 3-4 minutes per side. Transfer to a plate and cover to keep warm. Reserve skillet and any pan drippings for step 5.



6. Serve

Fluff **rice** with a fork. Serve **chicken** with **Creole rice** and **green beans** alongside. Spoon **creamy onion gravy** over top. Enjoy!