

MARLEY SPOON



Cheesy Baked Chicken & Pinto Beans

with Cilantro-Jalapeño Rice



40-50min



2 Servings

There are 3 delicious layers to this dish—spicy green rice with cilantro and jalapeño, lean chicken strips and saucy pinto beans with tomatoes and bell peppers, and lots of gooey cheddar. But we think the very best part is the rice crust that forms after the cooked rice is pressed into a hot ovenproof nonstick skillet. Don't be shy about using high heat for that part, it's necessary to get the rice browned and crispy.

What we send

- 1 bell pepper
- 2 plum tomatoes
- 1 jalapeño chile
- ¼ oz fresh cilantro
- 15 oz can pinto beans
- 10 oz pkg chicken breast strips
- 5 oz jasmine rice
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend ¹

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- fine-mesh sieve
- small saucepan
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 920kcal, Fat 39g, Carbs 91g, Protein 54g



1. Prep ingredients

Halve **bell pepper**, discard stem and seeds, and chop into ½-inch pieces. Finely chop **tomatoes**.

Halve **jalapeño**, discard stem and seeds, and finely chop. Finely chop **cilantro leaves and stems**, keeping them separate.

Drain and rinse **beans**. Pat **chicken** dry; cut into 1-inch pieces if necessary, then season all over with **salt** and **pepper**.



4. Cook beans

Preheat broiler with a rack in the top position.

Add **beans** and **¼ cup water** to skillet with **chicken, tomatoes, and peppers**. Cook over medium-high heat, until liquid is reduced by half, about 6 minutes. Lightly crush some of the beans with a spoon. Season to taste with **salt** and **pepper**. Transfer bean mixture to a medium bowl. Wipe out skillet.



2. Cook rice

Heat **1 tablespoon oil** in a small saucepan over medium. Add **rice, cilantro stems**, and **1½-3 tablespoons jalapeño** (depending on heat preference). Cook until fragrant, 1 minute. Add **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Reduce heat; cover and cook until rice is tender and water is absorbed, 17 minutes. Let sit for 5 minutes. Stir in **half of the cilantro leaves**.



5. Crisp rice

Heat **3 tablespoons oil** in same skillet over medium-high until shimmering, gently swirling to coat. Add **rice** and press firmly into an even layer with a spatula, pushing rice up the sides of skillet. Cook, without stirring, until rice is fragrant and the bottom is beginning to brown, 4-6 minutes. (To monitor browning, use a spatula to carefully lift a bit from the side and check.)



3. Sauté aromatics

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **chicken** in a single layer and cook, stirring, until cooked through, 4-5 minutes. Add **all of the taco seasoning** and cook, stirring, until fragrant, about 30 seconds.

Add **tomatoes** and **bell peppers**. Cook over medium-high, stirring occasionally, until softened, about 4 minutes.



6. Broil & serve

Spread **chicken & bean mixture** over **rice**, then sprinkle **cheddar-jack blend** over top. Broil on top oven rack until cheese is bubbling, 2-4 minutes (watch closely as broilers vary). Garnish with **remaining chopped cilantro leaves**. Enjoy!