

DINNERLY



Low-Carb Cheesy Enchilada Chicken

with Taco Cauliflower Rice & Beans



30-40min



2 Servings

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

WHAT WE SEND

- ¼ oz fresh cilantro
- 1 lime
- 1 oz sour cream¹
- 15 oz can black beans
- 12 oz cauliflower rice
- ¼ oz taco seasoning
- 10 oz pkg boneless, skinless chicken breast
- 4 oz green enchilada sauce²
- 2 oz shredded cheddar-jack blend¹

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- fine-mesh sieve
- rimmed baking sheet
- medium skillet with lid

ALLERGENS

Milk (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670kcal, Fat 37g, Carbs 38g, Protein 53g



1. Prep ingredients

Preheat broiler to high with a rack in the upper third. Pick **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** then cut lime into wedges. Thin out **sour cream** with **water**, 1 teaspoon at a time, to reach a drizzling consistency. Drain **beans** and rinse under cold water.



2. Cook cauliflower rice

Add **cauliflower rice** to a rimmed baking sheet; toss with **2 tablespoons oil** and season with **salt** and **pepper**. Spread into an even layer and broil until cauliflower is just starting to brown, 3–5 minutes.



3. Cook beans, prep chicken

Add **beans** to tray with **cauliflower rice** and toss with **taco seasoning**. Spread into an even 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**.

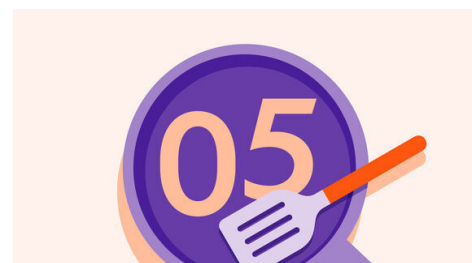
Meanwhile, pat **chicken** dry and season with **salt** and **pepper**.



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.

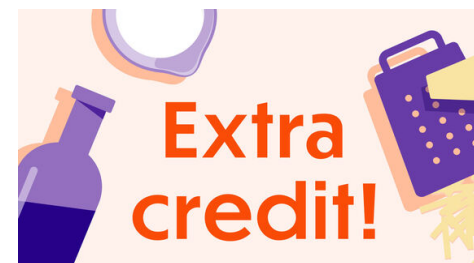
Reduce heat to medium and add **¼ cup water** to skillet. Bring to a simmer, scraping up browned bits from bottom of pan. Add **enchilada sauce** and **cilantro stems** to skillet and bring to a simmer.



5. Finish & serve

Flip **chicken** to coat in **sauce**, then top with **cheese**. Cover skillet and cook until cheese is melted, 1–2 minutes more.

Transfer **cauliflower rice and beans** to plates and top with **chicken** and **sauce**. Drizzle with **sour cream**, and garnish with **lime wedges** and **cilantro leaves**. Enjoy!



6. Add some heat!

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