



## Spice-Rubbed Chicken

with Cilantro Rice & Roasted Vegetables



20-30min



2 Servings

Quick-cooking chicken breast is the perfect cut of meat for a stress-free weeknight dinner. We add a dash of taco seasoning for Tex-Mex flare, and roast the chicken alongside hearty veggies like cauliflower, bell peppers, and red onions. We serve the pan-roast with fluffy jasmine rice and finish the pork with lime-scented compound butter. But the best part: Dinner is served in under 30 minutes.

## What we send

- garlic
- 5 oz jasmine rice
- 1 head cauliflower
- 1 bell pepper
- 1 red onion
- ¼ oz fresh cilantro
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz taco seasoning
- 1 lime

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## Tools

- small saucepan
- rimmed baking sheet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 820kcal, Fat 33g, Carbs 81g, Protein 50g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Finely chop **1 teaspoon garlic**.

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **½ teaspoon** of the garlic. Cook, stirring, until sizzling, about 1 minute. Add **1 ¼ cups water** and **½ teaspoon salt**, bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes.



### 2. Prep ingredients

Place **2 tablespoons butter** in a small bowl and set aside to soften at room temperature.

Halve **cauliflower**, then cut 1 half into 1-inch florets (save other half for own use). Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Halve and cut **all of the onion** into 1-inch thick wedges. Finely chop **cilantro leaves and stems** together.



### 3. Roast veggies

On a rimmed baking sheet, toss **cauliflower florets, peppers, and onions** with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Roast on upper oven rack until tender and lightly browned, 12-18 minutes.



### 4. Roast chicken

While **veggies** roast, pat **chicken** dry. Rub with **oil** and season all over with **salt** and **2 teaspoons taco seasoning**. Once veggies are tender and lightly browned, add chicken to the baking sheet and continue to roast until veggies are well browned, and chicken is firm to the touch and reaches an internal temperature of 165°F, 10-15 minutes more.



### 5. Make garlic-lime butter

While **chicken** roasts, add **remaining garlic** to bowl with **softened butter**. Finely grate **½ teaspoon lime zest** and squeeze **1 tablespoon juice** directly into the butter, using a fork to mash and combine. Season to taste with **salt** and **pepper**.

Cut any **remaining lime** into wedges.



### 6. Finish & serve

Once **chicken** is cooked, top immediately with **garlic-lime butter**. Stir **half of the cilantro** into the **rice**.

Serve **chicken**, with any **melted butter** from the sheetpan, alongside **rice** and **veggies**. Sprinkle **remaining cilantro** over top and serve **lime wedges** on the side for squeezing, if desired. Enjoy!