

DINNERLY



Brazilian Chicken Feijoada with Black Beans & Rice



30min



2 Servings

One of Brazil's most beloved comfort dishes, feijoada is sure to knock you off your feet (in a good way). This stick-to-your-bones stew features a hearty mix of black beans and chicken strips livened up with Tex-Mex spice and a hit of sweet acidity from fresh orange juice. Ladle it all over rice and kiss your hunger adeus. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 yellow onion
- 1 green bell pepper
- 1 orange
- ½ lb pkg chicken breast strips
- ¼ oz Tex-Mex spice blend
- 15 oz can black beans

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- apple cider vinegar (or red wine vinegar)
- sugar

TOOLS

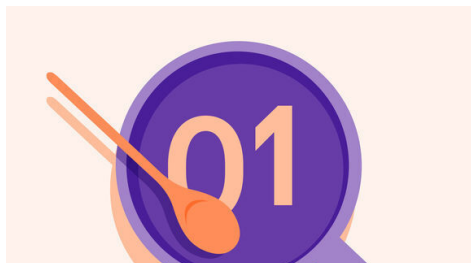
- small saucepan
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

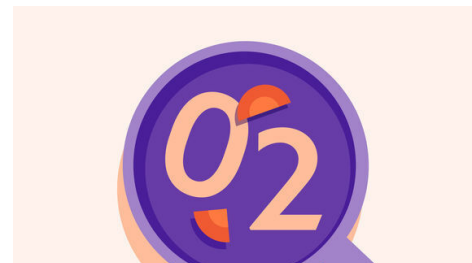
Calories 820kcal, Fat 17g, Carbs 124g, Protein 48g



1. Cook rice & prep

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.

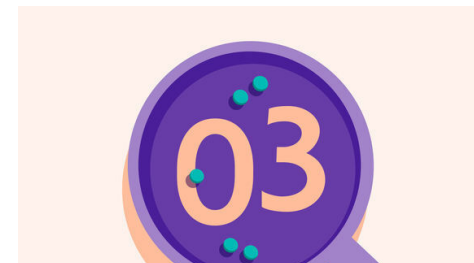
Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Halve **pepper**, discard stem and seeds, and finely chop. Halve **orange**.



2. CHICKEN VARIATION

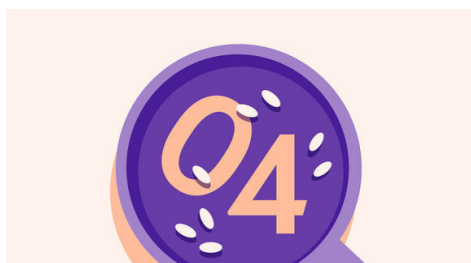
Pat **chicken** dry and season all over with **salt** and **pepper**.

Heat **2 teaspoons oil** in a medium skillet over high. Add chicken; cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until chicken is almost cooked through, about 1 minute more. Transfer to a plate.



3. Start feijoada

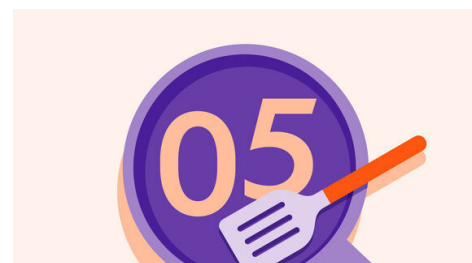
Heat **1 tablespoon oil** in same skillet over medium-high. Add **onions, peppers** and a **pinch of salt**; cook, stirring, until softened, 3–4 minutes. Add **chopped garlic** and **Tex-Mex spice**; cook, stirring, until fragrant, 1 minute. Add **beans and their liquid, ¾ cup water**, and **½ teaspoon salt**; bring to a simmer.



4. Finish feijoada

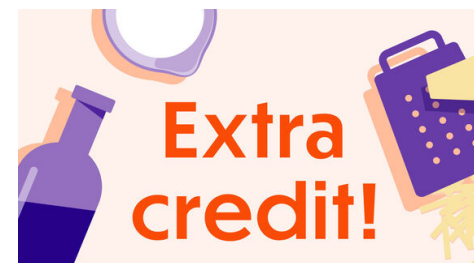
Return **chicken** to skillet with **beans**. Reduce heat to medium and simmer, stirring occasionally, until slightly thickened and flavors have melded, about 10 minutes.

Squeeze juice from **one orange half** into stew; cut remaining half into wedges. Stir in **1 teaspoon vinegar** and **½ teaspoon sugar**. Season to taste with **salt** and **pepper**.



5. Serve

Serve **chicken feijoada** over **rice**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.