

# DINNERLY



## Chicken Fajita Bowl with Rice & Sour Cream



20-30min



2 Servings

Our hobbies include long scrolls on our phones, drooling of food, and frequent trips to the fridge. This sizzling chicken fajita bowl really suits our fancy since it comes together in a flash and brings loads of flavor. It leaves us more time for stuffing our face and less time in the kitchen. Because, we are very busy on the 'gram...or er, with work? We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 green bell pepper
- 1 red onion
- ½ lb pkg chicken breast strips
- ¼ oz taco seasoning
- 2 (1 oz) sour cream<sup>1</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

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

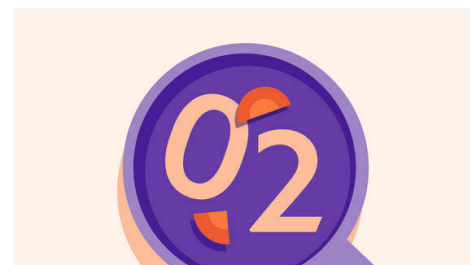
### NUTRITION PER SERVING

Calories 620kcal, Fat 20g, Carbs 76g, Protein 34g



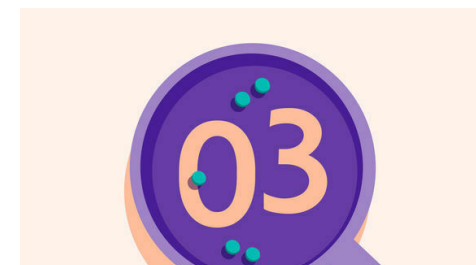
#### 1. Cook rice

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



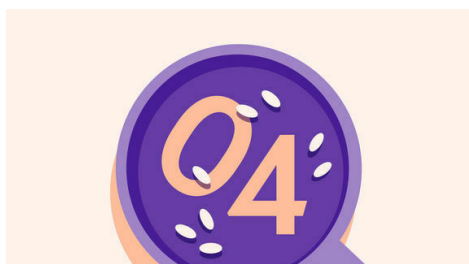
#### 2. Prep ingredients

Finely chop **1 teaspoon garlic**. Quarter **pepper**, discard stem and seeds, and thinly slice each quarter crosswise. Quarter **onion**, then thinly slice each quarter crosswise.



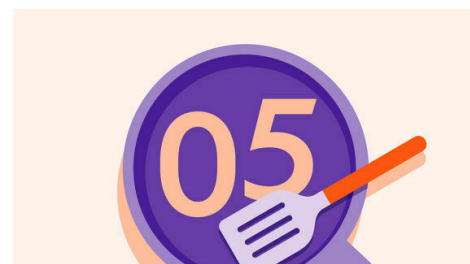
#### 3. CHICKEN VARIATION

Pat **chicken** dry. In a medium bowl, combine **chicken, 2 teaspoons oil, 1 teaspoon taco seasoning, chopped garlic, and a pinch each of salt and pepper**; toss to coat chicken.



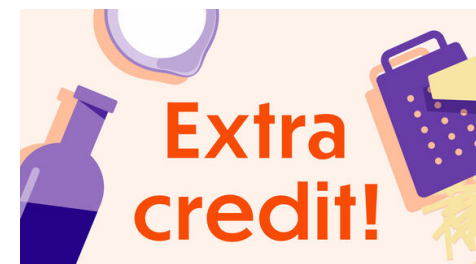
#### 4. Sauté veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers, onions, and a pinch each of salt and pepper**. Cook, stirring occasionally, until tender and browned in spots, 6–8 minutes. (Reduce heat to medium veggies are browning too quickly.) Stir in **¼ cup water**.



#### 5. Cook chicken & serve

Push **veggies** to one side of skillet, then add **chicken** to open side. Cook, stirring, until chicken is cooked through, 4–5 minutes. Toss to combine chicken and veggies; season to taste with **salt and pepper**. Fluff **rice** with a fork. Serve **chicken and veggies over rice with sour cream** dolloped over top. Enjoy!



#### 6. Pile it up!

Bulk out this bowl with thinly sliced crisp romaine, spoonfuls of creamy guacamole, and/or sliced jalapenos for a kick of heat.