

DINNERLY



Daring Plant-Based Chicken Bean & Rice Bowl

with Guac & Corn-Poblano Sauté



20-30min



2 Servings

How much flavor can you pack into one bowl? After a thorough investigation, we've concluded that the answer is: a lot. The proof is in this rice bowl piled high with saucy beans, corn, guac, and—the pièce de résistance—plant-based chicken and tender sautéed poblano peppers. Can we get a "YUM"? We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 poblano pepper
- 15 oz can pinto beans
- 5 oz corn
- 8 oz pkg plant-based chicken ⁶
- 2 (4 oz) red enchilada sauce
- 2 (2 oz) guacamole

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 18g, Carbs 118g, Protein 38g



1. Cook rice

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



2. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into thin strips.

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans**; set aside until step 4.



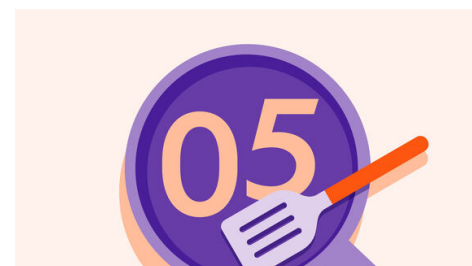
3. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and a **pinch each of salt and pepper**; cook, stirring, until lightly browned and tender, about 5 minutes. Stir in **corn** and **chopped garlic**; cook, stirring, until corn is tender and warmed through, and garlic is fragrant, 2–3 minutes more. Transfer to a bowl; cover to keep warm until ready to serve.



4. PLANT CHICKEN VARIATION

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1–2 minutes more. Transfer to bowl with veggies. Wipe out skillet.



5. Cook beans & serve

To same skillet over medium heat, add **beans** and **all of the enchilada sauce**. Bring to a simmer and cook, stirring occasionally, until sauce is slightly thickened, 3–5 minutes. Season to taste with **salt** and **pepper**.

Serve **rice** topped with **plant-based chicken**, **beans**, **corn**, and **peppers**. Dollop **guacamole** over top. Enjoy!



6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!