

# Mexican Chicken & Rice Bowls

with Creamy Guacamole & Tomato Salsa


4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients

 22 oz Chicken Breast Strips


 ½ lb Grape Tomatoes

 1 Lime

 ½ cup Guacamole


 1 cup Long Grain White Rice


 1 oz Sliced Pickled Jalapeño Pepper

 ¼ cup Sour Cream

 1 Tbsp Mexican Spice Blend<sup>1</sup>

 ¾ lb Carrots

 1 15.5-oz can Black Beans

 ¾ cup Guajillo Chile Pepper Sauce



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



15 10 10

SmartPoints® value per serving  
(as packaged)



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Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Prepare & roast the carrots

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- Transfer to the sheet pan. Drizzle with **olive oil**; season with salt, pepper, and **half the spice blend**. Toss to coat; arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



### 2 Cook the rice & beans

- Meanwhile, drain and rinse the **beans**.
- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, combine the **rice, drained beans, remaining spice blend, a big pinch of salt, and 2 cups of water**; stir to combine. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 16 to 18 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



### 3 Prepare the remaining ingredients & make the salsa

- Meanwhile, halve the **tomatoes**.
- Halve the **lime** crosswise.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **halved tomatoes, the juice of 1 lime half, a drizzle of olive oil, and as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Taste, then season with salt and pepper if desired.



### 4 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **guajillo chile sauce** (carefully, as the liquid may splatter) and **2 tablespoons of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the chicken is coated and cooked through.
- Turn off the heat.



### 5 Make the creamy guacamole & serve your dish

- Meanwhile, in a bowl, combine the **guacamole, sour cream, and the juice of the remaining lime half**. Season with salt and pepper.
- Serve the **cooked rice and beans** topped with the **cooked chicken** (including any sauce from the pan), **salsa** (discarding any liquid), **roasted carrots**, and **creamy guacamole**. Enjoy!

