



GRILLED CHICKEN TOMATILLO BOWL

with Confetti Rice

PRONTO



HELLO

TOMATILLO

These green, sweet and sour fruits are perfect for salsa!

TIME: 30 MIN



Chicken Breasts



Tomatillos



Avocado



Lime



Radishes



Mexican Seasoning



Cilantro



Basmati Rice



Corn Kernels

BUST OUT

- 2 Medium Bowls
- Large Non-Stick Pan
- Baking Sheet
- Medium Pot
- Measuring Spoons
- Measuring Cups
- Paper Towels
- Salt and Pepper
- Zester
- Olive or Canola Oil
- Sugar (½ tsp | 1 tsp)

INGREDIENTS

2-person | 4-person

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|---------------------|--------|--|---------|
| • Chicken Breasts | 2 | | 4 |
| • Tomatillos | 113 g | | 227 g |
| • Avocado | 1 | | 2 |
| • Lime | 1 | | 1 |
| • Radishes | 2 | | 4 |
| • Mexican Seasoning | 1 tbsp | | 2 tbsp |
| • Cilantro | 7 g | | 14 g |
| • Basmati Rice | ¾ cup | | 1 ½ cup |
| • Corn Kernels | 56 g | | 113 g |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|-----------------|---------------------------|
| 0 Fish/Poisson | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **450°F** (to finish chicken). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* In a medium pot, add **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Thinly slice **radish**, then cut into matchsticks. Cut **tomatillo** into ½-inch pieces. Peel, pit, then cut **avocado** into ½-inch pieces. Roughly chop **cilantro**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



4 CHAR CORN

While chicken cooks, heat the same pan over medium-high heat. When hot, add **corn, 1 tbsp oil** (dbl for 4 ppl) and **1 tbsp water** (dbl for 4 ppl). Cover with a lid. Cook, carefully swirling pan often, until **corn** is dark golden-brown, 4-6 min.



2 MARINATE CHICKEN

To the **boiling water**, add **rice**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, pat **chicken** dry with paper towels. In a medium bowl, toss **chicken** with **Mexican seasoning** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss to coat.



5 MAKE SALSA

In another medium bowl, combine **avocado, tomatillos, lime zest, half the cilantro, 1 tbsp lime juice** (dbl for 4 ppl), **½ tsp sugar** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Toss to combine. Set aside. Fluff **rice** with a fork, then season with **salt**. Stir in **corn** and **radish**.



3 COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **chicken** to the dry pan. Cook, until golden-brown, 1-2 min per side. Remove pan from the heat and transfer to a baking sheet. Bake in **middle** of oven, until cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE

Slice **chicken**. Divide **rice** between bowls, then top with **chicken** and **salsa**. Sprinkle with **remaining cilantro** and squeeze over a **lime wedge**, if desired.

ONE OF A KIND!

DIY bowls mean dinner is served just the way you like it.