

# **GRILLED CHICKEN TOMATILLO BOWL**

with Confetti Rice





## HELLO -**TOMATILLO**

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



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	ŀ	4-persor
Chicken Breasts	2		4
• Tomatillos	113 g	I	227 g
Avocado	1	I	2
• Lime	1	I	1
• Radishes	2	I	4
Mexican Seasoning	1 tbsp	I	2 tbsp
• Cilantro	7 g	I	14 g
• Basmati Rice	³⁄₄ cup	I	1 ½ cup
Corn Kernels	56 g	I	113 g

### ALLERGENS ALLERGENES

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 soya, les sulfites, les noix et le blé.

- O Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 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!



**PREP** Wash and dry all produce.\* In a medium pot, add 1 1/4 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 1/2inch pieces. Peel, pit, then cut avocado into ½-inch pieces. Roughly chop cilantro. Zest, then juice half the lime. Cut remaining lime into wedges.



**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.



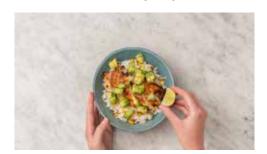
MARINATE CHICKEN To the **boiling water**, add **rice**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, pat chicken dry with paper towels. In a medium bowl, toss chicken with Mexican seasoning and a drizzle of oil. Season with salt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



**MAKE SALSA** In another medium bowl, combine avocado, tomatillos, lime zest, half the cilantro, 1 tbsp lime juice (dbl for 4 ppl), 1/2 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.



**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.\*\*)



**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.