



SWEET & SPICY CHICKEN AND PEACH SKEWERS

with Cilantro Rice Pilaf

PRONTO



HELLO PEACHES

This stone fruit adds a juicy sweetness to this dish

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 598



Chicken Tenders



Peach



Red Onion, cubes



Yellow Zucchini



Basmati Rice



Chicken Broth Concentrate



Cajun Seasoning



Honey



Cilantro



Wooden Skewers

BUST OUT

- Aluminum Foil
- Measuring Cups
- Medium Pot
- Shallow Dish
- Paper Towel
- Medium Bowl
- Silicone Brush
- Baking Sheet
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

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|-----------------------------|--------|--|---------|
| • Chicken Tenders | 340 g | | 680 g |
| • Peach | 1 | | 2 |
| • Red Onion, cubes | 56 g | | 113 g |
| • Yellow Zucchini | 200 g | | 400 g |
| • Basmati Rice | ¾ cup | | 1 ½ cup |
| • Chicken Broth Concentrate | 2 | | 4 |
| • Cajun Seasoning | 1 tbsp | | 2 tbsp |
| • Honey | 1 tbsp | | 2 tbsp |
| • Cilantro | 10 g | | 20 g |
| • Wooden Skewers | 8 | | 16 |

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 Seafood/Fruit de Mer | 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



Position an oven rack on the top rack of the oven. Preheat your broiler to **high** (to broil the skewers). **BBQ TIP:** Instead of broiling, grill skewers on medium-high heat, turning occasionally, until chicken is cooked through (74°C/165°F), 10-12 min.



1 PREP Wash and dry all produce.* In a medium pot, bring **broth concentrates** and **1 ½ cups water** (double for 4 ppl) to a boil. In a shallow dish filled with hot water, soak the **skewers**. Cut the **zucchini(s)** into ¼-inch rounds. Pit the **peach(es)**, then cut into ½-inch wedges.



4 BROIL SKEWERS Broil the **skewers** on the top rack of the oven for 5 min. Flip the skewers over, then brush the tops with the **honey**. Return to the oven and continue broiling until the **chicken** is golden-brown and cooked through, 5-6 more min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



2 COOK RICE Add the **rice** to the medium pot with the boiling water, then reduce the heat to low. Cover and cook until the rice is tender and the liquid has been absorbed, 12-14 min.



5 FINISH RICE Meanwhile, roughly chop the **cilantro**. When the **rice** is finished cooking, fluff with a fork and stir in **half the cilantro**. Season with **salt and pepper**.



3 PREP SKEWERS Meanwhile, pat the **chicken** dry with paper towels, then cut into 1-inch pieces. In a medium bowl, toss together the chicken and **Cajun seasoning**. Season with **salt and pepper**. Alternately thread the **zucchini, chicken, peaches** and **onions** onto the skewers. Transfer to a foil-lined baking sheet, then drizzle each skewer with **oil**. Season with **salt and pepper**.



6 FINISH AND SERVE Divide the **rice** between plates and top with the **skewers**. Sprinkle over the **remaining cilantro**.

DELIGHTFUL!

Sweet peaches and yellow zucchini compliment the smoky Cajun-spiced chicken!