

Santa Fe Chicken Rice Bowl

How do you put a fresh twist on chicken and rice? This week we're cooking it up with Santa spices, fresh poblano peppers, sweet corn and black beans. It's spicy and packed with flavor. Did we mention it's also practically hands free?

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven Safe Skillet
Shallow Pie Pan or Plate

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Chicken Breast
Santa Fe Spice
Poblano, Corn and
Black Beans
Spiced Tomatoes
Lime Crema

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the lime crema to moisten the rice when you reheat it.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 710 Calories, 64g Protein, 13g Fat, 400 mg Sodium, 98g Carbs, 22 Smart Points

Lighten Up per Serving - 600 Calories, 62g Protein, 8g Fat, 390mg Sodium, 83g Carbs, 18 Smart Points with ½ the rice and pineapple lime crema.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Rice, Tomatoes, Sour Cream, Black Beans, Corn, Poblano Peppers, Lime Juice, Red Bell Peppers, Onions, Brown Sugar, Chicken Base, Garlic, Cilantro, Pineapple Juice, Herbs and Spices

meez meals

1. Get Organized

Pre heat oven to 350.

2. Prep the Chicken

Pour the **Santa Fe Spice** into a shallow pie pan or plate. Salt and pepper the **Chicken** and then dredge the chicken in the spices so that both sides are evenly covered in spice.

Add 1 Tbsp. of oil to skillet and heat on medium high. When oil is hot, add chicken to the skillet. When blackened crispy crust forms, around 3-4 minutes, flip the chicken breast over and cook another 3-4 minutes until the other side forms a crispy crust. Remove from skillet and put on side but save the juices in the pan.

Let the chicken blacken on both sides as that is where the flavor comes from and completes the dish.

3. Make the Rice

Add the **Rice** to the skillet and still for a few minutes so that the rice is covered in the juices from the pan. Add the **Spiced Tomatoes** to the skillet and cook for 1-2 minutes. Add the **Pablano, Corn and Black Beans** and one and a third cups of water to the skillet and bring back to a low boil.

Add the chicken and cover tightly with foil. Bake for 30 minutes. Remove from oven, put chicken on cutting board and fluff the rice with a fork.

4. Make the Rice

Slice the chicken really thin, about 1/4" slices. Put the rice on a plate, add the sliced chicken on top of the rice and drizzle with the **Lime Crema**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois