

# Chipotle Meal Prep (Burrito Bowl)

## Ingredients

### Pickled Red Onion

- Red onion – ½, thinly sliced
- Water – 1 cup (240ml)
- White distilled vinegar – 1 cup (240ml)
- Kosher salt – 1 tbsp (10g)

### Rice

- Long grain white rice – 3 cups (600g)
- Water – 3 cups (709ml)
- Cilantro – 2.5 tbsp (6g), finely chopped
- Unsalted butter – 2 tbsp (28g) (optional)
- Lime – Juice and zest of 1
- Salt – To taste

### Chicken

- Chipotle peppers in adobo – 1 can (7-ounce)
- Kosher salt – 2.5 tsp (8g)
- Garlic – 4 cloves, grated
- Boneless, skinless chicken thighs – 6 (about 1.5 lbs / 680g)
- Vegetable oil or cooking spray

# **Chipotle Meal Prep (Burrito Bowl)**

## **Ingredients (Continued)**

### **Black Beans**

- Vegetable oil – 3 tbsp (35g)
- White onion – 1, diced
- Serrano pepper – 1, thinly sliced
- Roma tomato – 1, roughly chopped
- Black beans – 1 can (15-ounce), drained
- Chicken stock – 1 cup (240ml)
- Garlic – 4 cloves, finely chopped
- Salt – To taste

### **Corn Relish**

- Corn on the cob – 4, husks/silks removed
- Jalapeño peppers – 2
- Red onion – ½, finely diced
- Cilantro – 2.5 tbsp (6g), finely chopped
- White distilled vinegar – 1–2 tbsp (10–20g)
- Salt and pepper – To taste

### **Spicy Garlic Mayo (Optional)**

- Mayonnaise – 1 cup (200g)
- Onion powder – ½ tsp (2g)
- Garlic – 8 cloves, grated
- Hot sauce – 3.5 tbsp (42g)
- Salt – To taste

# **Chipotle Meal Prep (Burrito Bowl)**

## **Ingredients (Continued)**

### **Assembly**

- Cooked white rice
- Diced chicken
- Corn relish
- Spicy mayo (Optional)
- Black beans
- Pickled red onions
- Monterey Jack cheese – 1.5 cups (165g), grated
- Fresh cilantro (to garnish)

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## Instructions

### 1. For the Pickled Red Onion

Add sliced onion to a 1-quart heatproof jar or container. In a medium saucepan over medium-high heat, combine water, vinegar, and salt. When the mixture begins to boil, remove from heat and pour over the red onions to cover. Let the mixture come to room temperature, uncovered. Once cooled, cover with a tight-fitting lid and refrigerate. (Stored for a few months).

### 2. For the Rice

Rinse rice thoroughly under cold water until it runs clear. Strain dry and cook in rice cooker with 3 cups water. Once cooked, for added flavor, stir in cilantro, butter, lime zest, and juice until evenly combined. Season with salt to taste and keep warm.

### 3. For the Chicken

Strain liquid from chipotle can. Roughly chop peppers and add back to liquid with salt and garlic. Pour over chicken thighs in a bowl; coat evenly. Marinate 30 mins to overnight.

Heat a cast iron/grill pan over medium-high heat with oil. Sear chicken in batches (don't overcrowd) for 2–3 mins per side until charred and golden. Cook to 165°F. If charring too fast, finish in oven at 375°F. Rest 5 mins before dicing.

### 4. For the Black Beans

In a saucepan over medium heat with oil, sauté onion, serrano, and tomato until softened (2–3 mins). Stir in black beans, stock, and salt. Boil then reduce to low; simmer until veggies soften and stock reduces by a quarter. Remove from heat and stir in garlic.

### 5. For the Corn Relish

Char corn cobs over open flame/grill (1–2 mins/side). Char jalapeños until black; remove seeds/skin if desired and dice. Cut corn off cob. Mix corn, jalapeño, red onion, cilantro. Season with salt/pepper. Stir in vinegar (adjust to taste).

### 6. For the Spicy Mayo

Whisk all ingredients in a bowl. Season with salt. Refrigerate.

### 7. To Assemble

Divide rice between bowls ( 1 cup each). Top with diced chicken, corn relish (with spicy mayo), black beans, pickled red onions, cheese, and cilantro. Enjoy!