



CHICKEN TINGA BOWLS

with Long Green Pepper, Onion & Lime Crema

WHAT WE SEND

(2 servings | 4 servings)

Chicken is fully cooked when internal temperature reaches 165 degrees.

❄️ Keep refrigerated



Yellow Onion
(1 | 2)



Long Green
Pepper *



Garlic
(3 Cloves | 6 Cloves)



Lime *



White Rice
(1 | 2)



Sour Cream *

Contains milk



Chicken Breast
Strips *

(1 | 2)



Southwest Spice
(1 | 2)



Tomato Paste
(1 | 2)



Jalapeño *

(1 | 2)

WHAT YOU'LL NEED

Butter
(1 TBSP | 1 TBSP)
Contains milk

Vegetable Oil
(2 tsp | 4 tsp)

Sugar
(½ tsp | 1 tsp)

CHEF'S TIP

The key to the perfect pot of rice? Let it do its thing! Once your water boils in step 1, immediately cover the pot with a tight-fitting lid and reduce heat to the lowest setting. Let it simmer away until no water remains (resisting the urge to peek!). Finally, let the pot sit off heat for 10 minutes (or more!) while you cook the rest of the meal. This “crucial” step allows the moisture to redistribute, giving you tender, fluffy grains every time.



1. Place **rice** in a fine-mesh sieve and rinse until water runs clear. Add to a small pot with **1 cup water (2 cups for 4 servings)** and a pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15 minutes. Keep covered off heat for at least 10 minutes or until ready to serve.



2. Meanwhile, **wash and dry all produce**. Zest and quarter **lime**. Halve, peel, and thinly slice **onion**. Halve, core, and thinly slice **green pepper** crosswise into strips. Peel and finely chop **garlic**. Thinly slice **jalapeño**, removing ribs and seeds if you prefer less heat; place in a small bowl. Stir in juice from **half the lime**, **½ tsp sugar (1 tsp for 4 servings)**, and a pinch of **salt**. Set aside to quick-pickle.



3. In a second small bowl, combine **sour cream**, **lime zest**, and a squeeze of **lime juice** to taste. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Place **chicken** in a medium bowl and pat dry with paper towels. Toss with a **drizzle of oil**, **half the Southwest Spice (you'll use the rest later)**, **salt**, and **pepper**.



4. Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and **green pepper**; season with **salt** and **pepper**. Cook, stirring, until softened and lightly browned, 5-7 minutes.



5. Add **chicken** to pan with **veggies**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Add **garlic** and **remaining Southwest Spice**; cook until fragrant, 30 seconds. Stir in **tomato paste** and **½ cup water (½ cup for 4 servings)**. Cook, stirring, until mixture is thickened, 1-2 minutes. Turn off heat; season generously with **salt** and **pepper**.



6. Fluff **rice** with a fork and stir in **1 TBSP butter**. Divide between bowls and top with **chicken mixture**. Drizzle with **lime crema** and top with as much **pickled jalapeño** as you'd like.

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