

# Blackened Chicken & Rice

with Blood Orange & Kale

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 4

This recipe celebrates the hybrid of Cajun and Creole cooking with the technique of blackening. We're seasoning chicken with ancho chile powder, whose gentle heat is balanced by earthy cumin and citrusy coriander—then cooking it until the spices “blacken,” or char, in the pan. The smoky flavors that emerge are a perfect match for our simple glaze, made with the fresh juice of cara cara orange (a seedless variety with pink flesh). For even more brightness, we're adding crimson-skinned blood orange and petite tango mandarin to a bed of rice.



#### BLUE APRON WINE PAIRING:

Cave de Thiezé Coteaux  
Bourguignons, 2014

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## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



1 cup  
LONG GRAIN  
WHITE RICE



2  
SCALLIONS



1 bunch  
KALE



1  
BLOOD ORANGE



1  
CARA CARA  
ORANGE



1  
TANGO  
MANDARIN

**Did You Know?**  
Sweet with just a  
touch of sour, this  
hybrid variety is  
exceptionally juicy.

#### KNICK KNACKS:



¼ cup  
SOUR CREAM



1 Tbsp  
BLACKENED  
CHICKEN SPICE  
BLEND



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### 1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Remove and discard the kale stems; roughly chop the leaves.
- Halve the cara cara orange and squeeze the juice into a bowl.
- Peel the mandarin and separate the segments.
- Cut off and discard the rind and white pith of the blood orange; large dice.

### 2 Cook the rice:

- In a large pot, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the **white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **rice, a big pinch of salt and 2 cups of water**. Heat to boiling on high.
- Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat. Fluff the cooked rice with a fork. Set aside in a warm place.

### 3 Cook the kale:

- While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly wilted.
- Add **¼ cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until the kale has wilted and the water has cooked off. Season with salt and pepper to taste.
- Transfer to a bowl and set aside in a warm place. Wipe out the pan.

### 4 Cook the chicken:

- While the rice continues to cook, pat the **chicken** dry with paper towels; season both sides with salt, pepper and the **spice blend**.
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned chicken and cook 4 to 6 minutes per side, or until browned and cooked through.

### 5 Glaze the chicken:

- Add the **cara cara orange juice and 2 tablespoons of water** to the pan (be careful, as the liquid may splatter).
- Reduce the heat to medium and cook, stirring frequently and spooning the glaze over the chicken, 2 to 3 minutes, or until coated. Turn off the heat.

### 6 Finish the rice & serve your dish:

- To the pot of **cooked rice**, add the **cooked kale, mandarin and blood orange**. Stir to thoroughly combine. Drizzle with olive oil and season with salt and pepper to taste.
- Transfer the finished rice to a serving dish. Top with the **glazed chicken** and any remaining glaze from the pan. Garnish with the **green tops of the scallions**. Serve with the **sour cream** on the side. Enjoy!