

Seared Chicken & Tomatillo Salsa

with Sweet Corn & Rice

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

This summery dish highlights two exciting ingredients: tomatillos (tart, green relatives of the tomato) and cubanelle pepper, a flavorful variety with just a touch of heat. We're marinating the tomatillos to make a fresh salsa, and sautéing the pepper with sweet corn and squash for a quick, vibrant accompaniment to our chicken. Rice tossed with golden raisins balances the zesty flavors of the dish. (Your squash may be green zucchini, grey zucchini, or yellow squash.)



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1/2 cup
LONG GRAIN
WHITE RICE



4 oz
TOMATILLOS



2 ears of
CORN



2
SCALLIONS



1
CUBANELLE
PEPPER



1
SUMMER SQUASH

KNICK KNACKS:



3 Tbsp
GOLDEN RAISINS



2 Tbsp
RICE VINEGAR



1 Tbsp
SUGAR



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1 Cook the rice:

- ☐ In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the rice is tender and the water has been absorbed. Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

2 Prepare the ingredients:

- ☐ While the rice cooks, remove and discard any husks from the tomatillos.
- ☐ Wash and dry the fresh produce.
- ☐ Small dice the tomatillos.
- ☐ Remove and discard the corn husks and silks. Cut the corn kernels off the cobs; discard the cobs.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper; medium dice.
- ☐ Medium dice the squash.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.

3 Make the tomatillo salsa:

- ☐ In a medium bowl, combine the **tomatillos**, **sugar**, and **half the vinegar**. Drizzle with olive oil and season with salt and pepper.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4 Cook the chicken:

- ☐ While the salsa marinates, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes per side, or until lightly browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board.

5 Cook the vegetables:

- ☐ Add the **corn**, **pepper**, **squash**, and **white bottoms of the scallions** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 1 tablespoon of olive oil.) Cook on medium-high, stirring frequently, 3 to 4 minutes, or until softened. Turn off the heat. Season with salt and pepper to taste.

6 Finish the rice & plate your dish:

- ☐ To the pot of **cooked rice**, add the **raisins**, **remaining vinegar**, and **1 tablespoon of olive oil**; season with salt and pepper. Stir to combine and season with salt and pepper to taste.
- ☐ Slice the **cooked chicken** crosswise.
- ☐ Divide the finished rice between 2 dishes. Top with the sliced chicken, **cooked vegetables**, and **tomatillo salsa**. Garnish with the **green tops of the scallions**. Enjoy!

