

Spiced Chicken & Garlic Rice

with Pipian Sauce & Roasted Honeynut Squash

TIME: 40-50 minutes

SERVINGS: 2

Pumpkin seeds (also known as pepitas) have been a staple of Mexican cuisine for centuries, often starring in sauces like tonight's pipian. We're making ours with toasted pepitas, lime juice, parsley, and honey, then serving it over smoky Mexican-spiced chicken. To pair with our bright centerpiece, we're tossing fluffy rice with roasted honeynut squash—a miniature variety of butternut known for its exquisite sweetness.



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Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1/2 cup
LONG GRAIN
WHITE RICE



2 cloves
GARLIC



1
HONEYNUT
SQUASH



1
LIME



1 bunch
PARSLEY

KNICK KNACKS:



2 Tbsps
PEPITAS



1 Tbsp
MEXICAN SPICE
BLEND*



1 Tbsp
HONEY

* Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin, & Dried Mexican Oregano



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1 Prepare & roast the squash:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the **squash**; cut off and discard the ends. Carefully peel the squash; quarter lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/4-inch-thick pieces.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in an even layer.
- ☐ Roast 17 to 19 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

2 Prepare the remaining ingredients:

- ☐ While the squash roasts, wash and dry the remaining fresh produce.
- ☐ Peel and roughly chop the garlic.
- ☐ Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Halve the lime crosswise.
- ☐ Roughly chop the parsley leaves and stems.

3 Cook the rice:

- ☐ While the squash continues to roast, in a small pot, heat 1 teaspoon of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add 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 water has been absorbed and the rice is tender.
- ☐ Turn off the heat; fluff the cooked rice with a fork. Stir in the **lime zest**. Season with salt and pepper to taste. Cover and set aside in a warm place.

4 Toast & chop the pepitas:

- ☐ While the rice cooks, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **pepitas** and toast, stirring frequently, 3 to 4 minutes, or until lightly browned and fragrant. (Be careful, as the pepitas may pop as they toast.)
- ☐ Transfer to a paper towel-lined plate; immediately season with salt and pepper. When cool enough to handle, transfer to a cutting board and finely chop.

5 Cook the chicken:

- ☐ While the rice continues to cook, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**. In the same pan, 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 browned and cooked through. Turn off the heat.

6 Make the sauce & plate your dish:

- ☐ While the chicken cooks, in a bowl, combine the **chopped pepitas**, **honey** (kneading the packet before opening), the **juice of both lime halves**, **half the parsley**, and a drizzle of olive oil. Season with salt and pepper to taste.
- ☐ Add the **roasted squash** to the pot of **cooked rice**. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the finished rice and **cooked chicken** between 2 dishes. Top the chicken with the sauce. Garnish with the **remaining parsley**. Enjoy!