

Spicy Honey-Lime Chicken Tostadas

with Rice & Beans

TIME: 35-45 minutes

SERVINGS: 2

This vibrant Mexican meal pairs crispy oven-toasted tortillas with tender glazed chicken and carrots. For irresistibly sweet-hot flavor, we're making the glaze with honey and fiery chipotle paste, which gets cooling contrast from dollops of lime-seasoned sour cream. Classic sides of black beans and rice round out the dish.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



10 oz
CHOPPED
CHICKEN BREAST



4
CORN TORTILLAS



3/4 cup
JASMINE RICE



1 1/4 cups
BLACK BEANS



9 oz
CARROTS



2 cloves
GARLIC



2
SCALLIONS



1
LIME

KNICK KNACKS:



2 tsps
CHIPOTLE CHILE
PASTE



1/4 cup
SOUR CREAM



1 Tbsp
HONEY



Download our iOS or Android app to watch how-to videos, manage your account, and track your deliveries.



1 Prepare & roast the carrots:

- 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. Line a sheet pan with aluminum foil. Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut into 2-inch pieces. Place on the sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 16 to 18 minutes, or until tender when pierced with a fork. Leaving the foil on the sheet pan, transfer the roasted carrots to a plate.

2 Cook the rice:

- While the carrots roast, in a small pot, combine the **rice**, a **big pinch of salt**, and **1½ 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 and fluff with a fork. Cover and set aside in a warm place.

3 Prepare the remaining ingredients:

- While the rice cooks, peel and roughly chop the **garlic**. Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops. Drain and rinse the **beans**. Using a peeler, remove the **lime** rind, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Halve the lime. In a bowl, combine the **sour cream** and the **juice of 1 lime half**; season with salt and pepper to taste.

4 Cook the beans:

- While the carrots continue to roast, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- Add the **beans** and **½ cup of water**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until the water has cooked off. Turn off the heat. Season with salt and pepper to taste. Transfer to a bowl. Rinse and wipe out the pan.

5 Toast the tortillas:

- Place the **tortillas** on the same sheet pan. Drizzle with olive oil and season with salt and pepper. Turn to coat. Toast in the oven 9 to 11 minutes, or until lightly browned and crispy. Transfer to a work surface.

6 Cook the chicken & serve your dish:

- While the tortillas toast, pat the **chicken** dry with paper towels; season with salt and pepper. In the pan used to cook the beans, heat a drizzle of olive oil on medium-high until hot. Add the seasoned chicken; cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **roasted carrots**, **honey** (kneading the packet before opening), **the juice of the remaining lime half**, **2 tablespoons of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 2 to 3 minutes, or until the carrots are glazed and the chicken is cooked through; season with salt and pepper to taste.
- Divide the finished chicken and carrots among the **toasted tortillas**. Top with the **seasoned sour cream**.
- Stir the **lime zest** into the pot of **cooked rice**; season with salt and pepper to taste. Serve the tostadas with the finished rice and **cooked beans**. Garnish with the **sliced green tops of the scallions**. Enjoy!