

Mexican Chicken & Rice Casserole

with Broccoli & Tortilla Strips

TIME: 45-55 minutes

SERVINGS: 4

Zesty Mexican spices liven up this loaded casserole of chicken, rice, beans, broccoli, and more—topped with a layer of cheddar and tortilla strips, which crisp up perfectly in the oven.



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Ingredients



1 1/8 lbs
CHOPPED
CHICKEN BREAST



3/4 cup
JASMINE RICE



2
CORN TORTILLAS



1 lb
BROCCOLI



1/4 cup
SOUR CREAM



4 oz
WHITE OR
ORANGE
CHEDDAR CHEESE



1 1/4 cups
BLACK BEANS



1 15-oz can
DICED TOMATOES



2 Tbsps
RICE VINEGAR



2
SCALLIONS



2 cloves
GARLIC



1 Tbsp
MEXICAN SPICE
BLEND*

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



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1 Cook the rice:

- ☐ Preheat the oven to 450°F.
- ☐ In a medium pot, combine the **rice**, **half the spice blend**, a **big pinch of salt**, and **1 ½ 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.

2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces. 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**.
- ☐ Grate the **cheese** on the large side of a box grater.
- ☐ Stack the **tortillas**; cut in half, then thinly slice into strips.



3 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken in an even layer and cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.

4 Cook the vegetables:

- ☐ Add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **broccoli pieces**, **chopped garlic**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until slightly softened.
- ☐ Add **¾ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the broccoli is softened and the water has cooked off.
- ☐ Add the **beans**, **tomatoes**, and **remaining spice blend**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined. Turn off the heat.



5 Assemble & bake the casserole:

- ☐ Add the **cooked chicken**, **cooked rice**, **vinegar**, and **half the grated cheese** to the pan of **cooked vegetables**. Stir to thoroughly combine; season with salt and pepper to taste. Transfer to a baking dish and top with the **remaining grated cheese**.
- ☐ Bake 10 to 12 minutes, or until heated through and the cheese is melted. Remove from the oven and let stand for at least 2 minutes.

6 Toast the tortilla strips & serve your dish:

- ☐ While the casserole bakes, place the **tortilla strips** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Toast in the oven 7 to 9 minutes, or until lightly browned and crispy. Remove from the oven and immediately season with salt.
- ☐ Top the **baked casserole** with the toasted tortilla strips and **sliced green tops of the scallions**. Serve the **sour cream** on the side. Enjoy!

