

# Veracruz-Style Chicken & Rice Bowl

with Tomatoes & Peppers

2 SERVINGS

🕒 30-40 MINS



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## Ingredients



10 oz Chopped Chicken Breast



4 oz Grape Tomatoes



1 oz Sliced Pickled Jalapeño Pepper



1 tsp Whole Dried Oregano



½ cup Red Rice Blend



1 Lime



1 Tbsp Capers



4 oz Sweet Peppers



2 Scallions



1 ½ Tbsps Golden Raisins



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



11 9 9

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

### 1 Cook the rice

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **sweet peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Thinly slice the **scallions**, separating the white bottoms and the hollow green tops.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper.
- Using a zester or the small side of a box grater, zest the **lime** to get 1 teaspoon. Quarter the lime.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.



### 3 Cook the chicken

- Pat the **chicken** dry with paper towels. Place in a bowl; season with salt, pepper, and the **oregano**. Stir to combine.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate and cover with foil to keep warm.



### 4 Cook the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced sweet peppers** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **seasoned tomatoes, raisins, capers, the juice of 2 lime wedges,  $\frac{1}{3}$  cup of water** (carefully, as the liquid may splatter), and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently and pressing down on the tomatoes with the back of a spoon, 3 to 4 minutes, or until slightly softened.



### 5 Finish & serve your dish

- Add the **cooked chicken** to the pan of **cooked vegetables**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly coated and combined.
- Turn off the heat.
- To the pot of **cooked rice**, add the **lime zest** and **2 teaspoons of olive oil**; stir to combine.
- Serve the **finished rice** topped with the **finished chicken and vegetables**. Garnish with the **sliced green tops of the scallions**. Serve the **remaining lime wedges** on the side. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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