

Tomatillo Chicken & Brown Rice Bowls

with Roasted Shishito Peppers & Orange Salsa

4 SERVINGS

25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients



18 oz Boneless Chicken Breast Pieces



2 Red Onions



1/2 cup Sour Cream



3 Tbsps Golden Raisins



1 1/8 cups Brown Rice



2 Scallions



2/3 cup Tomatillo-Poblano Sauce



6 oz Shishito Peppers



1 Navel Orange



1/4 cup Raw Pepitas



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



6 - 15

PersonalPoints™
range per serving

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

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Place an oven rack in the center of the oven; preheat to 450°F.
- In a medium pot, combine the **rice, raisins, a big pinch of salt, and 2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 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 & make the orange salsa

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and large dice the **onions**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and small dice the **orange**. Place in a bowl; add the **sliced green tops of the scallions** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Cut off and discard the stems of the **peppers**; cut into 1-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **sour cream** and **half the tomatillo sauce**. Taste, then season with salt and pepper if desired.



3 Roast the vegetables

- Place the **diced onions and pepper pieces** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 11 to 13 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Toast the pepitas

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until lightly browned (be careful, as the pepitas may pop as they toast).
- Transfer to a bowl; immediately season with salt.
- Wipe out the pan.



5 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle 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 browned.
- Add the **sliced white bottoms of the scallions** and **remaining tomatillo sauce** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the chicken is coated and cooked through. Turn off the heat.



6 Finish the rice & serve your dish

- Add the **toasted pepitas** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked chicken** (including any sauce from the pan), **roasted vegetables**, and **orange salsa**. Drizzle with the **tomatillo sour cream**. Enjoy!

