



Ingredients

10 oz Boneless Chicken Breast Pieces



½ cup Tricolor Quinoa



1 Poblano Pepper



2 oz Monterey Jack Cheese



1/4 cup Cilantro Sauce



1 Tbsp Mexican Spice Blend¹



4 Flour Tortillas



1 15.5-oz can Black Beans



1 Sweet or Yellow Onion



1 Tbsp Ancho Chile Paste



2 tsps Honey

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

Infinitely delicious dishes

This out-of-this-world meal blends bold flavor with wholesome ingredients to celebrate Disney and Pixar's *Lightyear*.

Scan this QR code to learn more about our collaboration—and check out *Lightyear* in theaters on June 17.





#letsblueapron #pixarlightyear



"Alexa, find Blue Apron recipes."

Cook the guinoa

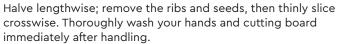
- Remove the honey from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.



- Once boiling, add the quinoa. Cook, uncovered, 16 minutes. Turn off the heat.
- Drain thoroughly.

2 Prepare the ingredients

- Meanwhile, drain and rinse the beans.
- Halve, peel, and thinly slice the onion.
- Grate the cheese on the large side of a box grater.
- Wash and dry the pepper; cut off and discard the stem.





- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In a large pan (nonstick, if you have one), 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 lightly browned.
- Add the sliced pepper; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until browned and the chicken is cooked through.
- Turn off the heat.

4 Assemble the enchiladas

• To the pot of cooked quinoa, add the cooked chicken and pepper, cilantro sauce, drained beans, and a drizzle of olive oil; stir to combine. Taste, then season with salt and pepper if desired.



- Place the tortillas on a work surface.
- Spread about 2 cups of the filling into the bottom of a baking dish.
- Divide the remaining filling among the tortillas; tightly roll up each tortilla around the filling.
- Transfer to the baking dish in a single layer, seam side down.

5 Caramelize the onion

- Rinse and wipe out the pan used to cook the chicken.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the sliced onion; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned and softened.



- Add the honey (kneading the packet before opening) and chile paste. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined.
- Turn off the heat.

6 Bake the enchiladas & serve your dish

- Evenly top the enchiladas with the caramelized onion and grated cheese.
- Bake 8 to 10 minutes, or until lightly browned and the cheese is melted.
- Remove from the oven and let stand at least 2 minutes before serving. Enjoy!





In Disney and Pixar's Lightyear, Buzz and his fellow Space Rangers are part of the larger space organization known as Star Command.



For a child's portion of this meal, Disney recommends serving 1 finished enchilada and ¾ cup of the baked filling. Scan this QR code for more information about how this recipe meets Disney Nutrition Guidelines for a complete meal and learn more about the Disney Check at DisneyCheck.com.





Disney recommended child portion

