

# Space Ranger Chicken Enchiladas

with Cilantro Sauce & Caramelized Onion

2 SERVINGS

⌚ 45-55 MINS

Disney · PIXAR  
**LIGHTYEAR**

COLLECTION BY

 Blue Apron



## Ingredients



10 oz Boneless Chicken Breast Pieces



½ cup Tricolor Quinoa



1 Poblano Pepper



2 oz Monterey Jack Cheese



¼ cup Cilantro Sauce



1 Tbsp Mexican Spice Blend<sup>1</sup>



4 Flour Tortillas



1 15.5-oz can Black Beans



1 Sweet or Yellow Onion



1 Tbsp Ancho Chile Paste



2 tps 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



Learn more at  
DisneyCheck.com



PG-13  
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"Alexa, find Blue Apron recipes."

## 1 Cook the quinoa

- 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  $\frac{3}{4}$  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. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands and cutting board immediately after handling.



## 3 Cook the chicken & pepper

- 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!



STELLAR  
sneak peek



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



### This recipe was designed with kids in mind!

For a child's portion of this meal, Disney recommends serving **1 finished enchilada** and  **$\frac{3}{4}$  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](https://DisneyCheck.com).

Disney recommended child portion



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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