

# Oven-Baked Chicken & Garlic Butter Rice

with Spinach & Pickled Peppers

4 SERVINGS

🕒 50 MINS: 5 MINS ACTIVE  
45 MINS INACTIVE

 **Blue Apron**  
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## Ingredients\*



18 oz Boneless Chicken Breast Pieces



1 cup Long Grain White Rice



6 oz Baby Spinach



1 oz Sweet Drop Peppers



2 oz Garlic & Herb Spreadable Butter



¼ cup Sour Cream



⅔ cup Mirepoix



5 Tbsps Chicken Demi-Glaze



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



2 Single-Use Aluminum Trays



Serve with Blue Apron wine that has this symbol  
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1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients & make the base

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **spinach**.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- Between the two trays, evenly divide the **spinach**, **demi-glace**, **mirepoix**, **rice**, and **softened butter**. Stir to combine.
- Add  $\frac{3}{4}$  **cup of water** to each tray. Season with salt and pepper; stir to thoroughly combine.

### 2 Add the chicken

- Pat the **chicken** dry with paper towels. Season with salt, pepper, and the **spice blend**.
- Evenly divide the **seasoned chicken** between the two trays; arrange in an even layer on top of the **prepared base**.

### 3 Bake the trays & serve your dish

- Tightly cover the trays with foil and bake 40 to 42 minutes, or until the rice is tender and the chicken is cooked through.
- Remove from the oven.
- Serve the **baked trays** topped with the **sour cream** and **peppers**. Enjoy!



When you're finished, rinse and recycle the tray.

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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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