

Tomatillo Chicken & Rice Bowls

with Roasted Vegetables & Orange Salsa

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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Ingredients*

Customized ingredients for vegetarian dish

OMITTED:



10 oz Boneless Chicken Breast Pieces ↕

ADDED:



½ lb Diced Butternut Squash ↕



½ cup Long Grain White Rice



1 Poblano Pepper



1 Red Onion



1 Blood Orange



1 ½ Tbsps Golden Raisins



2 Scallions



2 Tbsps Raw Pepitas



⅓ cup Tomatillo-Poblano Sauce



½ cup Plain Nonfat Greek Yogurt

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the orange salsa

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and large dice the **onion**.
- 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 stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.
- In a separate bowl, whisk together the **yogurt** and **tomatillo sauce**. Taste, then season with salt and pepper if desired.



2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **diced onion, sliced white bottoms of the scallions, and diced pepper** on the foil. 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.



↔ CUSTOMIZED STEP 2 *If you chose Vegetarian*

- Line a sheet pan with foil.
- Place the **squash** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven.
- Meanwhile, in a bowl, combine the **diced onion, sliced white bottoms of the scallions, and diced pepper**; drizzle with **olive oil** and season with salt and pepper. Stir to combine.
- Carefully place the **seasoned vegetables** on the other side of the sheet pan. Arrange in an even layer.
- Roast 11 to 13 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.

3 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice, raisins, a big pinch of salt, and 1 cup of water**. Heat to boiling on high
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Toast the pepitas

- Meanwhile, in a medium 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 plate; 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. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



↔ SKIP STEP 5 *If you chose Vegetarian*

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, roasted vegetables, and orange salsa**. Drizzle with the **tomatillo yogurt**. Enjoy!



↔ CUSTOMIZED STEP 6 *If you chose Vegetarian*

- Finish the rice and serve your dish as directed, without the chicken.