

# Oven-Baked Cheesy Chicken Thighs

with Rice, Spinach & BBQ Mayo

4 SERVINGS

⌚ 55 MINS: 5 MINS ACTIVE  
50 MINS INACTIVE

 **Blue Apron**  
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## Ingredients\*



24 oz Boneless,  
Skinless Chicken  
Thighs



1 cup Long Grain  
White Rice



6 oz Baby Spinach



1 oz Sweetie Drop  
Peppers



4 oz Shredded  
Cheddar & Monterey  
Jack Cheese Blend



$\frac{2}{3}$  cup Mirepoix



$\frac{1}{4}$  cup Mayonnaise



$\frac{1}{2}$  cup Barbecue  
Sauce



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



2 Single-Use  
Aluminum Trays



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<sup>1</sup> Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients & make the base

- 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**, **rice**, and **mirepoix**. Stir to combine.
- Add **1 cup of water** to each tray. Season with salt and pepper; stir to thoroughly combine.

### 2 Prepare the chicken & bake the trays

- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- Place the **seasoned chicken** in an even layer on top of the **prepared base**.
- Tightly cover the trays with foil and bake 40 minutes.
- Leaving the oven on, remove from the oven.
- Carefully remove the foil. Add the **cheese** in an even layer.
- Return to the oven and bake, uncovered, 5 to 7 minutes, or until the cheese is melted and the chicken is cooked through.\*
- Remove from the oven.

### 3 Make the BBQ mayo & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise** and **barbecue sauce**.
- Serve the **baked trays** topped with the **BBQ mayo** and **peppers**. Enjoy!



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



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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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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