



## Crispy Southwestern Chicken, Mashed Potatoes and Roasted Peppers & Onions

Prep Time: 20 min

Cook Time: 25 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

690 calories

37 g total fat

400 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

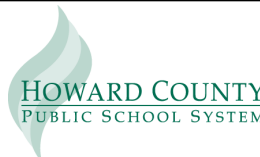
- Panko Crust Southwestern Spice Blend (1 cup panko & 1 TB equal parts (garlic powder, paprika, cumin, coriander, chili powder))
- 1/2 cup Monterey Jack Cheese, shredded
- 1 tsp olive oil\*\*
- Non-stick cooking spray\*\*
- 4 oz sour cream, divided
- 2 tsp hot sauce
- 2 lbs. potatoes
- 3 TB butter\*\*
- Salt and Pepper, to taste\*\*
- 1.5 lbs. chicken breast
- 3 Poblano peppers, halved, deseeded and thinly sliced
- 1 yellow onion, thinly sliced
- 1 TB olive oil\*\*
- 1 tsp Peppers & Onions Southwestern Spice Blend (Equal parts garlic powder, paprika, cumin, coriander, chili powder)

### DIRECTIONS:

1. Preheat oven to 425 degrees. Spray a baking sheet with **non-stick cooking spray**. In a medium bowl, combine **Panko Crust Southwestern Spice Blend, Monterey Jack Cheese, 1 tsp olive oil**, and a **pinch of salt & pepper**, set aside. In a small bowl, combine **2 packets (2oz) of sour cream with 1 packet hot sauce** (or 2 if you prefer spicier), set aside.
2. Peel and dice **potatoes**. Place in a medium pot with enough water to cover by 1 inch. Bring to a boil over medium high heat and cook until tender, 15-20 minutes. **Reserve 3/4 cup cooking water**, then drain and return to pot. Using a potato masher, mash **potatoes** until smooth. Stir in remaining **2 oz sour cream, 3 TB butter**, and **half of the reserved cooking water**. If mixture is too thick, add some more cooking water, a splash at a time until creamy. Season with **salt and pepper**, to taste.
3. Pat **chicken breasts** dry with paper towels; season on both sides with **salt & pepper** and place on one half of the prepared baking sheet, leaving space on the other half for the peppers and onions. Brush tops of chicken with the **hot sauce/sour cream mixture from Step 1** and sprinkle **panko crust mixture from Step 1** onto top of chicken, pressing to adhere.
4. Halve, deseed and thinly slice the **poblano peppers**. Thinly slice **yellow onion**. Combine the **sliced peppers and sliced onions** and place them on the other half of the baking sheet. Drizzle with **1 TB olive oil, 1 tsp Peppers & Onions Southwestern Spice Blend**, and **salt & pepper to taste**, tossing to combine. Bake in the preheated oven 30 minutes until chicken is done and vegetables are roasted.
5. Serve mashed potatoes topped with roasted vegetables or serve the vegetables on the side. Drizzle chicken cutlets with any pan juices left in roasting pan if desired.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Beef Tagine with Butternut Squash over Couscous

Prep Time: 15 min

Cook Time: 1 hr. 20 min or Crockpot

Serves: 4

### NUTRITION FACTS, PER SERVING:

283 calories

9.5 g fat

617 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- Tagine Spice Blend (2 tsp paprika, 1 tsp ground cinnamon & 1/2 tsp ground ginger)
- 1/4 tsp salt & black pepper\*\*
- 1/2 tsp crushed red pepper flakes
- 1.5 lbs. beef cubes
- 1 TB olive oil\*\*
- 1/2 cup onions, diced
- 3 cloves garlic, minced
- 1 cup low sodium chicken broth
- 1 can (14.5 ounce) diced tomatoes
- 3 cups cubed peeled butternut squash
- 3 TB chopped fresh parsley for garnish
- 1 box plain couscous

### DIRECTIONS:

1. Combine **Tagine Spice Blend**, **1/4 tsp salt & 1/4 tsp black pepper**, and **1/2 tsp red pepper flakes** in a large bowl or Ziplock bag and add **beef cubes**; toss well to coat, set aside.
2. Peel and mince **3 garlic cloves**, set aside. Wash and dry **parsley**, chop leaves to make 3 TB garnish, set aside
3. Heat **1 TB olive oil** in large sauté pan over medium-high heat. Add spiced **beef** and **diced onions**; cook 5 minutes or until browned, stirring occasionally. Add **minced garlic**; cook 1 minute, stirring frequently. Stir in **1 cup chicken broth** and can of **diced tomatoes**; bring to a boil. Reduce heat to medium-low, cover and cook 60 minutes. Add **squash** and if needed the remainder of the **chicken broth**; stir to combine, cover and simmer 20 minutes more or until squash is tender. Sprinkle with **chopped parsley**.
4. Cook **couscous** according to package instructions. Serve the beef tagine over couscous.

**\*\*NOTE:** Can be prepared in a crockpot and cooked on low for 8-10 hours. Add butternut squash the last hour of crockpot cook time.

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