



Grilled Chicken Breast with Peach Salsa over Rice

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

203 calories

26% calories from fat

431 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. chicken breast
- 2 TB Chicken Spice Rub (1 TB brown sugar, 1 tsp ground cumin, 1/2 tsp garlic powder, 1/2 tsp chili powder, 1/2 tsp paprika, 1/4 tsp kosher salt)
- 2 TB olive or vegetable oil**
- 1 1/2 cups basmati rice
- 2 1/4 cups water**
- Pinch of salt**

Peach Salsa:

- 1 1/2 cups ripe peaches, peeled and chopped (about 2 large peaches)
- 2 TB chopped fresh mint (rinse and pat dry chopping)
- 1/4 cup diced red onion
- 2 tsp apple cider vinegar
- 1/4 tsp hot sauce
- Pinch of salt**

DIRECTIONS:

1. Grilled or Baked Chicken: Rub both sides of the **chicken breasts** with the **Spice Rub**. Heat grill or nonstick skillet (add **1 TB oil**) over medium high heat. Add **chicken**; cook 6-7 minutes on each side or until done **OR** preheat oven to 425 degrees and place chicken on a sheet pan/casserole dish coated with **1 TB oil** and cook for 20 minutes or until done.
2. **Peach Salsa**: Peel and dice 2 **peaches**. Wash/chop fresh **mint**. Combine diced **peaches**, chopped **mint**, **diced red onion**, **apple cider vinegar**, **pinch of salt** and **hot sauce** in a bowl. Toss to combine and set aside.
3. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Serve the cooked **chicken** over **rice** and top with **peach salsa**.

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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