

Hunt39s Monterrey Chicken and Rice Bake

Jacob · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

Heres a onepot meal that combines a zesty tomato rice and boneless skinless chicken for an easy TexMex meal your family will love Plus its gluten free

Ingredients

- - 2 tablespoons olive oil - 4 boneless
- skinless chicken breasts - $\frac{1}{4}$ teaspoon adobo seasoning - $\frac{1}{4}$ teaspoon smoked paprika - Ground black pepper
- to taste - 2 $\frac{1}{4}$ teaspoons chili powder
- divided - 1 cup chopped onion - 1 cup uncooked long grain white rice - 1 (14.5 ounce) can Hunt's® Diced Tomatoes
- drained - 1 (15.25 ounce) can whole kernel corn - 2 cloves garlic
- minced - 1 (14 ounce) can low-sodium chicken broth - 1 avocado - peeled
- pitted and sliced - $\frac{1}{2}$ fresh tomato
- sliced - 4 slices Pepper Jack cheese - 1 tablespoon Fresh cilantro leaves for garnish - 1 tablespoon snipped fresh chives (Optional)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Mix together adobo seasoning
2. paprika
3. black pepper
4. and 1/4 teaspoon of the chili powder. Season 1 side chicken breasts with the mixture. Place olive oil in a large saucepan over medium; heat until the oil shimmers. Place chicken pieces in hot oil
5. seasoned side down. Brown on each side
6. about 2 minutes. Transfer to a plate. Add chopped onion to pot and cook over medium heat until translucent
7. about 3 minutes. Add rice
8. Hunt's® Diced Tomatoes (drained)
9. corn
10. garlic
11. and remaining 2 teaspoons of chili powder
12. stirring to combine. When ingredients are well combined
13. add chicken broth
14. and stir. Place browned chicken pieces on top of the rice mixture
15. with browned side up
16. being careful not to submerge chicken. Cover and bake 15 minutes
17. then remove lid and continue baking about 5 minutes more. When chicken internal temperature reaches 165 degrees F (74 degrees C)
18. place a slice of tomato and slices of avocado on top of each piece
19. and place a slice of pepper jack cheese on top. Return to oven and bake until cheese is melted
20. 3-4 minutes. Plate cooked chicken
21. then fluff rice with a fork
22. and serve alongside chicken. Garnish with fresh cilantro and snipped chives
23. if desired. Cook's Note: Though this recipe has only 4 chicken pieces
24. it would easily serve 6 if chicken pieces are sliced. This is not what I would consider a spicy dish
25. so you may want to add additional heat
26. if desired.