



CREAMY POBLANO CHICKEN

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INGREDIENTS

2 large poblano peppers
3 tbsp olive oil or butter
4 chicken breasts
1/2 large onion, sliced
2 large garlic cloves, minced
1 cup low-sodium chicken stock, plus a little bit more if needed
3/4 tsp kosher salt
1 cup packed cilantro leaves
3/4 cup heavy cream
1 tbsp lime juice

1 tsp honey
Rice Pilaf
1 tbsp butter or olive oil
1/2 small onion, diced (about 1/2 cup)
2 large garlic cloves, minced
1/2 cup jasmine rice
1/4 cup orzo (regular or whole-wheat)
1 1/4 cup low-sodium chicken stock
1/2 tsp kosher salt
2 tsp lime juice
1/4 cup cilantro, chopped

INSTRUCTIONS

Slice one poblano pepper into thin strips. Roast the other pepper. If you have a gas stove, turn the burner on and keep the pepper over the flame until it chars - you want it black on all sides. If you don't have a gas stove, turn your broiler on and roast the peppers on the top rack until they are blackened on all sides. Once the peppers are roasted, transfer them to a large plastic baggie or a bowl covered with plastic wrap and let them steam while you sear the chicken. Once they've sat for about 10 minutes, pull them out and peel the skin off. Take out the membranes and seeds as well.

While the peppers steam. Add two tablespoons olive oil or butter a large skillet over a medium heat. Season the chicken on both sides with salt and pepper. Once the skillet is hot, add the chicken. Sear until golden brown, flip and do the same on the other side. Take the chicken out and set aside. Don't worry if the chicken is not cooked through, it will simmer in the sauce later to finish cooking.

Once the chicken is seared, remove from the pan, and add remaining tablespoon of olive oil or butter to the pan. Add the onions and peppers. Saute for about 5 minutes until softened. Season lightly with salt. Add the garlic and cook another minute.

While the veggies cook, transfer the ROASTED poblano pepper to a blender along with cilantro, 1/4 teaspoon salt, and 1/2 cup chicken stock. Blend until smooth. Pour the pureed pepper back into the pot with the sliced peppers, onions, and garlic, and then stir in the remaining chicken stock, cream, lime juice, honey, and remaining 1/2 teaspoon salt. Bring to a boil and reduce to a simmer. Add the chicken breasts back to the skillet with the sauce, cover and simmer until the chicken is cooked through. It should read 165 degrees on an instant read thermometer. If needed, add a little bit more chicken stock to loosen the sauce. Season to taste with salt and pepper. Serve over rice pilaf, pasta, or mashed potatoes.