

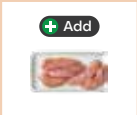


Spiced Fig and Golden Raisin-Rice Bowls

with Protein Shreds and Creamy Shirazi Salad

Veggie

35 Minutes



Chicken Breast
Tenders +
310 g | 620 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Plant-Based
Protein Shreds
200 g | 400 g



Basmati Rice
¾ cup | 1 ½ cup



Sultana Raisins
28 g | 56 g



Almonds, sliced
28 g | 56 g



Mini Cucumber
1 | 2



Tomato
1 | 2



Red Onion
1 | 2



Yogurt Sauce
3 tbsp | 6 tbsp



Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp



Shawarma Spice
Blend
1 tbsp | 2 tbsp



Fig Spread
2 tbsp | 4 tbsp



Baby Spinach
56 g | 113 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **cumin-turmeric spice blend**. Stir to mix, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Toast almonds

+ Add | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn.)
- Transfer to a plate.

3



Finish prep

- Cut **tomato** into ¼-inch pieces.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Season **tomato** and **cucumber** with **salt** and **pepper** directly on cutting board.
- Peel, then cut **onion** onto ¼-inch-thick slices.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors.)

4



Cook protein shreds

- Reheat the same pan from step 2 over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **protein shreds** and **onions**. Reduce heat to medium. Cook, stirring occasionally, until **protein shreds** are lightly crisped and golden, 5-8 min. ******
- Remove from heat. Add **fig spread**, **shawarma spice blend** and **1 tbsp** (2 tbsp) **water**. Season with **salt** and **pepper**. Stir to coat.

5



Finish and serve

+ Add | **Chicken Breast Tenders**

- Fluff **rice** with fork then stir in **spinach** until wilted, 30 sec. Add **raisins** and **half the almonds**. Season to taste with **salt** and **pepper**. Stir to mix.
- Divide **rice** between bowls.
- Top with **protein shreds**, **tomato** and **cucumber**.
- Drizzle **yogurt sauce** over top.
- Sprinkle **remaining almonds** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Toast almonds and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the pan used to toast **almonds** over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side. ******

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top with **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.