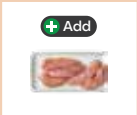




Spiced Fig and Golden Raisin Rice Bowls

with Protein Shreds and 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 cups
- 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 combine, 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

- 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 the cutting board.
- Peel, then cut **onion** into 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

+ Add | Chicken Breast Tenders

- Reheat the same pan (from step 2) over medium-high.
- 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

- Fluff **rice** with a fork, then stir in **spinach** until wilted, 30 sec. Add **raisins** and **half the almonds**. Season to taste with **salt** and **pepper**. Stir to combine.
- Divide **rice** between bowls.
- Top with **chicken**, **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

4 | Cook protein shreds and chicken

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with salt and pepper. Add **1 tbsp** (2 tbsp) **oil** to pan, then add **chicken breast tenders** with **protein shreds** and **onions**. Do not reduce heat. Sear until **protein shreds** are lightly crisped and **tenders** are golden-brown and cooked through, 3-4 min per side.** Continue with the rest of the recipe as written.

* 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.