

HELLO Turkish-Spiced Chicken with Pickled Cabbaga and Garlie Tourn

with Pickled Cabbage and Garlic Toum Sauce

25 Minutes





Thighs (



280 g | 560 g

2 4



34 cup | 1 1/2 cups



Garlic, cloves



2 | 4







Turkish Spice Blend 1 tbsp | 2 tbsp



Lemon



Red Cabbage. shredded

113 g | 226 g

1 | 1

Parsley 7 g | 14 g







113 g | 227 g





Mayonnaise 2 tbsp | 4 tbsp



Red Wine Vinegar 2 tbsp | 4 tbsp



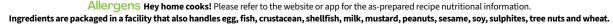






If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫





Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, zester



Prep

- · Before starting, wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water and broth concentrate to a medium pot. Cover and bring to a boil.
- · Meanwhile, roughly chop parsley.
- Zest, then juice half the lemon. Cut any remaining lemon into wedges.
- Peel, then mince or grate **garlic**.



Cook rice and make toum

- Add rice and peas to the pot of boiling water and reduce heat to low. Cook, still covered, until rice is tender and liquid is absorbed, 12-14 min.
- Meanwhile, combine mayo, 1 tsp (2 tsp) lemon juice and ¼ tsp (½ tsp) garlic in a small bowl. Set aside.

Finish cabbage and rice

and **pepper**, to taste.

Meanwhile, add half the parsley to the bowl

• Fluff **rice** with a fork, then stir in **lemon zest**

and remaining lemon juice. Season with salt

with pickled cabbage. Toss to combine.



Pickle cabbage

- Heat a large non-stick pan over medium-high heat.
- When hot, add cabbage, vinegar, 2 tbsp (¼ cup) water and 1 tsp (2 tsp) sugar.
 Season with salt.
- Cook, stirring occasionally, until sugar dissolves and most of the liquid is absorbed, 1-2 min.
- Remove pan from heat. Transfer cabbage, including liquid, to a medium bowl. Set aside in the fridge to cool.
- Carefully wipe the pan clean.



Finish and serve

- Divide rice between plates, then top with pickled cabbage and Turkish-spiced chicken.
- Drizzle **any remaining sauce** from the pan over top.
- Sprinkle with remaining parsley and dollop garlic toum sauce over top.
- Squeeze a **lemon wedge** over top, if desired.



Prep and cook chicken

🔘 Swap | Chicken Thighs

O Swap | Tofu

2 Double | Chicken Breasts

- Pat **chicken** dry with paper towels, then cut crosswise into 1-inch pieces.
- Add chicken, onions, Turkish Spice Blend, remaining garlic and 1 tbsp (2 tbsp) oil to a large bowl. Toss to combine.
- Reheat the same pan over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then chicken mixture. Cook, stirring occasionally, until browned and cooked through,
 5-6 min.** Season with salt and pepper.
- * 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.

4 | Prep and cook chicken

Measurements

within steps

🔘 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

1 tbsp

2 person

4 person

oil

Ingredient

4 | Prep and cook tofu

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. When the pan is **hot**, add **1 tbsp** (2 tbsp) **oil**, then **tofu mixture**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

4 | Prep and cook chicken

😢 Double | Chicken Breasts

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, using ½ **tbsp** more **oil** per batch, if necessary.