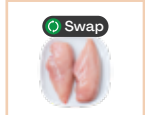




Persian-Inspired Chicken and Jeweled Rice with Cucumber-Yogurt Drizzle

25 Minutes



Chicken Breasts⁺
2 | 4

↗ Custom Recipe **+** 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](https://www.hellofresh.ca)



Chicken Thighs⁺
280 g | 560 g



Basmati Rice
¾ cup | 1 ½ cups



Shawarma Spice Blend
1 tbsp | 2 tbsp



Zucchini
1 | 2



Yogurt Sauce
3 tbsp | 6 tbsp



Crispy Shallots
28 g | 56 g



Cumin-Turmeric Spice Blend
¾ tsp | 1 ½ tsp



Sultana Raisins
28 g | 56 g



Parsley
7 g | 7 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 | Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Heat a medium pot over medium heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then **rice** and **half the Cumin-Turmeric Spice Blend** (use all for 4 ppl).
- Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water**, **½ tsp** (¼ tsp) **salt** and **raisins**. Bring to a boil over high.
- Once boiling, 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



Prep

- Meanwhile, cut **zucchini** into ½-inch pieces.
- Roughly chop **parsley**.

3



Prep and cook chicken

🔄 Swap | **Chicken Breasts**

- Pat **chicken** dry with paper towels. Season all over with **Shawarma Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook, flipping halfway, until cooked through, 3-4 min.**
- Transfer to a plate, cover to keep warm.

4



Cook zucchini

- Reheat the same pan (from step 3) over medium heat.
- When the pan is hot, add **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Remove pan from heat.

5



Finish rice

- When **rice** is finished cooking, fluff with a fork.
- Set aside **2 tbsp** (4 tbsp) **crispy shallots**.
- Add **zucchini**, **remaining crispy shallots** and **half the parsley** to the pot, then stir to combine.
- Season with **pepper**, to taste.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **jewelled rice** between plates.
- Top with **chicken**.
- Sprinkle with **remaining parsley** and **reserved crispy shallots**, then drizzle **yogurt sauce** over top.

Measurements within steps

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

3 | Prep and cook chicken breasts

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, season them in the same way the recipe instructs you to season the **chicken thighs**. Increase pan-frying time to 6-7 min per side.**

* 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.



Issue with your meal? Scan the QR code to share your feedback.