

# Turkish-Style Spiced Chicken

with Almond Rice and Yogurt Sauce

30 Minutes











Turkish Spice Blend

Almonds, sliced







Basmati Rice

**Sweet Potato** 





Onion, chopped











Parsley

Lemon



Garlic Salt



This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements , 1 tbsp (2 tbsp) oil within steps 4 person Ingredient

#### Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## **Ingredients**

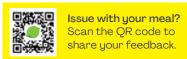
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Breasts	2	4
Turkish Spice Blend	1 tbsp	2 tbsp
Almonds, sliced	28 g	28 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	340 g	680 g
Onion, chopped	56 g	113 g
Greek Yogurt	100 ml	200 ml
Parsley	7 g	7 g
Lemon	1	1
Garlic Salt	¾ tsp	1 ½ tsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.





## Roast sweet potatoes and onions

- Cut sweet potatoes into ½-inch pieces.
- Add sweet potatoes, half the onions, 1/4 tsp (1/2 tsp) garlic salt and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with pepper, then toss to combine.
- Roast in the middle of the oven, stirring halfway through, until tender and goldenbrown, 18-22 min.



### Cook rice

- · Meanwhile, heat a medium pot over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, then remaining onions. Cook, stirring often, until fragrant, 1 min.
- Add rice, 1/4 tsp (1/2 tsp) garlic salt and 1 1/4 cups (2 1/2 cups) water. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Toast almonds and prep

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring occasionally, until goldenbrown, 2-3 min. (TIP: Keep your eye on almonds so they don't burn!)
- While almonds toast, pat chicken dry with paper towels. Sprinkle with Turkish Spice Blend and ¼ tsp (½ tsp) garlic salt. Season with **pepper**.
- When **almonds** are done, transfer to a plate and set aside.

If you've opted to get chicken breasts, cut **chicken** into ½-inch strips, then prepare and cook it in the same way the recipe instructs you to prepare and cook the chicken tenders.



### Cook chicken

- Reheat the same pan over medium-high.
- Add 1 tbsp (2 tbsp) oil, then chicken. Panfry until golden-brown and cooked through, 4-5 min per side.\*\*



## Make yogurt sauce

- · Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining **lemon** into wedges.
- Roughly chop parsley.
- Add yogurt, half the parsley, 1 tsp (2 tsp) lemon zest, 1 tbsp (2 tbsp) lemon juice and 1 tsp (2 tsp) sugar to a small bowl. Season with salt and pepper, then whisk to combine.



### Finish and serve

- Fluff rice with a fork, then stir in almonds and remaining parsley. Season with salt, to taste.
- Thinly slice chicken.
- Divide **rice** between plates, then top with sweet potatoes and chicken.
- Spoon yogurt sauce over top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!