



Turkish-Style Spiced Chicken

with Almond Rice and Yogurt Sauce

30 Minutes



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CUSTOM RECIPE
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!

-  Chicken Tenders
-  Chicken Breasts
-  Turkish Spice Blend
-  Almonds, sliced
-  Basmati Rice
-  Sweet Potato
-  Onion, chopped
-  Greek Yogurt
-  Parsley
-  Lemon
-  Garlic Salt

HELLO TURKISH SPICE BLEND

A blend of robust herbs and spices to wake up your taste buds!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (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.



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Roast sweet potatoes and onions

- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, half the onions, ¼ tsp (½ 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 golden-brown, 18-22 min.



Cook chicken

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



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, ¼ tsp (½ tsp) garlic salt** and **1 ¼ cups (2 ½ 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.



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.



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 golden-brown, 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**.



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!