





# Turkish-Spiced Chicken

## with Pickled Cabbage and Garlic Tourn Sauce













25 Minutes

Swap Swap Double  
    
 Chicken Thighs <sup>+</sup> Tofu Chicken Breasts <sup>+</sup>  
 280 g | 560 g 1 | 2 4 | 8

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](https://www.hellofresh.ca)



	
Chicken Breasts <sup>+</sup> 2   4	Basmati Rice ¾ cup   1 ½ cups
	
Garlic, cloves 2   4	Yellow Onion, chopped 56 g   113 g
	
Turkish Spice Blend 1 tbsp   2 tbsp	Red Cabbage, shredded 113 g   226 g
	
Lemon 1   1	Parsley 7 g   14 g
	
Green Peas 113 g   227 g	Vegetable Broth Concentrate 1   2
	
Mayonnaise 2 tbsp   4 tbsp	Red Wine Vinegar 2 tbsp   4 tbsp

**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 | Oil, salt, pepper, sugar

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

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## 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**.

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## 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.

3



## 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.

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## Prep and cook chicken

🔄 Swap | **Chicken Thighs**

🔄 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.

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## Finish cabbage and rice

- Meanwhile, add **half the parsley** to the bowl with **pickled cabbage**. Toss to combine.
- Fluff **rice** with a fork, then stir in **lemon zest** and **remaining lemon juice**. Season with **salt** and **pepper**, to taste.

6



## 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.

Measurements  
within steps

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

## 4 | Prep and cook chicken

🔄 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**.

## 4 | Prep and cook tofu

🔄 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

✖2 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.