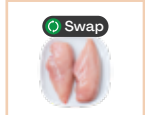




# Persian-Inspired Chicken and Tahdig with Chopped Radish-and-Tomato Salad

Discovery Special 55 Minutes



Organic Chicken Breasts  
2 | 4

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  
2 | 4
- Basmati Rice  
1 ½ cups | 2 ¼ cups
- Lemon  
1 | 2
- Baby Tomatoes  
227 g | 454 g
- Radish  
3 | 6
- Dill  
7 g | 14 g
- Cilantro  
7 g | 14 g
- Greek Yogurt  
1 | 2
- Middle Eastern Seasoning  
1 tbsp | 2 tbsp
- Shallot  
1 | 2
- Yogurt Sauce  
3 tbsp | 6 tbsp
- Dal Spice Blend  
1 tbsp | 2 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.*

Ingredient quantities 56 g | 113 g  
2 person | 4 person

**Pantry items** | Oil, butter, sugar, salt, pepper

**Cooking utensils** | Aluminum foil, baking sheet, 2 large bowls, large pot, medium bowl, medium non-stick pan, paper towels, spatula, strainer, zester

1



### Soak rice

- Before starting, preheat the oven to broil.
- Wash and dry all produce.

- Bring a large pot of **salted water** to a boil over high.
- Meanwhile, set a large fine strainer over a large bowl.
- To the strainer, add **rice**, then fill the bowl with **cold water**. (**NOTE:** For 6 servings, use 4 packages of rice. Reserve remaining two packages of rice for another creation.) Using your hand, swirl to rinse **rice**. Pour off cloudy water and refill with **cold water**. Repeat until **water** rinses clear.
- Refill the bowl with **fresh water**, then set aside for at least 10 min to soak **rice**.

2



### Marinate chicken

- Meanwhile, in another large bowl, combine **Middle Eastern Seasoning**, **half the Greek yogurt** and **1 tbsp (2 tbsp) oil**. (**NOTE:** This is your marinade.)
- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Add **chicken** to bowl with **marinade**, then toss to coat. Set aside.

3



### Par-cook rice

- Using the same strainer, drain **rice**. Wipe bowl dry and set aside.
- To **boiling water**, add **rice**. Cook for 5 min, stirring gently, until almost tender.
- Meanwhile, in the same bowl, combine **Dal Spice Blend**, **remaining Greek yogurt**, **¼ tsp (½ tsp) salt** and **2 tbsp (4 tbsp) water**. Set aside.
- When **rice** is done, drain through same strainer, working in batches if needed.
- To the bowl with **yogurt mixture**, add **half the rice**. (**NOTE:** For 4 servings, add three-quarters of the rice to yogurt mixture.) Stir gently to combine.

4



### Make tahdig

- Heat a medium non-stick pan over medium.
- When hot, add **1 tbsp (1 ½ tbsp) oil** and **1 tbsp (1 ½ tbsp) butter**. Swirl to coat bottom and sides of pan.
- Add **yogurt-rice mixture**. Gently spread into an even layer. Add **remaining rice** over top. Gently spread into an even layer.
- Cook for 2-3 min until **rice** starts to sizzle. Reduce heat to low, then cover tightly and cook for 15 min, until a crust forms on the bottom.
- Remove from heat, still covered. Set aside for 5 min.

5



### Broil chicken and finish prep

- To a foil-lined baking sheet, add **marinated chicken**.
- Broil in the **middle** of the oven for 10-12 min, flipping halfway, until **chicken** is cooked through.\*\*
- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Slice **radishes**.
- Chop **dill** and **cilantro**.
- Peel, then mince **shallot**.
- Halve **tomatoes**.
- In a medium bowl, add **lemon zest**, **1 tbsp (2 tbsp) lemon juice**, **¼ tsp (½ tsp) sugar**, **1 tbsp (2 tbsp) oil**, **tomatoes**, **radishes** and as much **shallot** as you like. Season with **salt** and **pepper**, then combine.

6



### Finish and serve

- Remove lid from **tahdig**. Using a spatula, carefully loosen edges of **tahdig** from the pan.
- Invert a large plate or platter over pan. Using oven gloves, place one hand on the plate and the other on the pan's handle. Carefully flip **tahdig** onto the plate. Remove pan. Sprinkle **half the herbs** over top.
- Thinly slice **chicken**.
- Transfer **chicken** and **salad** to another platter. Sprinkle **remaining herbs** over top.
- Serve **tahdig** with **yogurt sauce** and **lemon wedges** alongside.

**Measurements within steps**

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

♦ 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 165°F.