



# SEARED SUMAC CHICKEN

with Tangy Carrot & Cucumber Ribbon Salad and Toasted Pitas

PRONTO



## HELLO SUMAC

A tangy, citrus like spice commonly used in Middle Eastern cuisine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 431



Chicken Thighs



Carrot



Snow Peas,  
trimmed



Mini Cucumber



Lemon



Garlic



Mint



Apricot Jam



Sumac



Pita Bread



Dijon Mustard



## BUST OUT

- Garlic Press
- Paper Towel
- Large Non-Stick Pan
- Measuring Spoons
- Medium Bowl
- Whisk
- Measuring Spoons
- Salt and Pepper
- Peeler
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Carrot 170 g | 340 g
- Snow Peas, trimmed 113 g | 227 g
- Mini Cucumber 132 g | 264 g
- Lemon 1 | 2
- Garlic 10 g | 20 g
- Mint 10 g | 20 g
- Apricot Jam 9 1 tbsp | 2 tbsp
- Sumac 2 tsp | 4 tsp
- Pita Bread 1 2 | 4
- Dijon Mustard 6,9 1 ¼ tsp | 2 ½ tsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.

## START STRONG

**BBQ TIP:** Instead of pan-frying, grill chicken over medium heat, 6-8 min per side, until cooked through (74°C/165°F).



**1 PREP SALAD**  
Wash and dry all produce.\* Juice the **lemon(s)**. In a medium bowl, whisk together the **Dijon**, **1 tbsp apricot jam** (double for 4 ppl), **2 tbsp lemon juice** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**. Using a vegetable peeler, peel the **carrot(s)** and **cucumbers** into ribbons over the bowl with the dressing.



**4 COOK CHICKEN**  
Heat a large non-stick pan over medium heat, then add the **chicken**. Cook until the chicken is golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**2 FINISH SALAD**  
Thinly slice the **snow peas** into ⅛-inch slices. Roughly chop the **mint leaves**. Add the snow peas and mint to the bowl with the **veggie ribbons**, then toss together. Season with **salt** and **pepper**. Set aside. Mince or grate the **garlic**.



**5 TOAST PITA**  
When the **chicken** is done, transfer to a plate and cover to keep warm. Set aside. Carefully wipe pan clean. Add another drizzle of **oil** to the same pan, then **1 pita**. Toast until bottom is golden-brown, 1-2 min. Flip the pita over, then sprinkle with **½ tsp sumac**. Toast until the other side of pita is golden-brown, 1-2 min. Repeat with **remaining** pita(s).



**3 PREP CHICKEN**  
Pat the **chicken** dry with paper towels. In another medium bowl, combine the chicken, **garlic**, **1 tsp sumac** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**.



**6 FINISH AND SERVE**  
Slice the **chicken**. Cut the **pitas** into quarters. Divide the **veggie ribbon salad** between plates and top with the chicken. Serve with the **sumac-pita** on the side.

## COLOURFUL!

You'll be eating the rainbow with this vibrant feast!