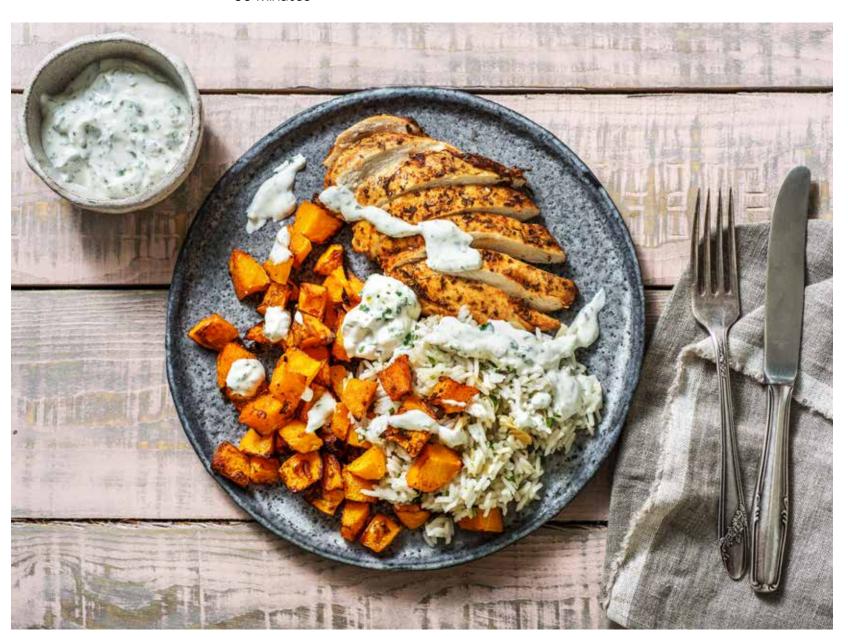


Turkish Spiced Chicken

with Almond Rice, Roasted Sweet Potato and Garlic-Lemon Yogurt Sauce

30 Minutes





Chicken Breasts







Almonds, sliced







Basmati Rice





Greek Yogurt



Lemon



Start here

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

Bust Out

2 Baking sheets, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Chicken Breasts	2	4
Turkish Spice Blend	1 tbsp	2 tbsp
Almonds, sliced	28 g	28 g
Basmati Rice	¾ cup	1 ½ cup
Sweet Potato	340 g	680 g
Shallot	50 g	100 g
Greek Yogurt	100 g	200 g
Parsley	7 g	14 g
Lemon	1	2
Garlic Salt	½ tsp	1 tsp
Sugar*	1 tsp	2 tsp
Oil*		

Salt and Pepper*

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Roast sweet potatoes

Cut the **sweet potatoes** into ½-inch pieces. Peel, then cut **shallots** into ½-inch pieces. Toss **sweet potato**, **half the shallots**, ¼ **tsp garlic salt** and **1 tbsp oil** (dbl both for 4 ppl) on a baking sheet. Season with **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 18-22 min.



Cook rice

While **potatoes** roast, heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining shallots**. Stir often, until fragrant, 1 min. Add **rice** and **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Toast almonds and prep

While **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring occasionally, until golden, 2-3 min. (TIP: Keep your eye on them so they don't burn!) Meanwhile, pat **chicken** dry with paper towels. Sprinkle with **Turkish Spice Blend** and ¼ **tsp garlic salt** (dbl for 4 ppl). Season with **pepper**. When **almonds** are done, transfer to a plate and set aside.



Cook chicken

Increase heat to medium-high. Add 1 tbsp oil (dbl for 4 ppl) to the same pan, then the chicken. Pan-fry, until golden, 1-2 min per side. Transfer chicken to the another baking sheet. Roast in the top of the oven, until chicken is cooked through, 10-12 min.**



Make yogurt sauce

While chicken cooks, zest 1 tsp lemon zest (dbl for 4 ppl), then juice half the lemon (1 lemon for 4 ppl). Cut remaining lemon into wedges. Roughly chop parsley. Whisk together yogurt, lemon zest, half the parsley, 1 tbsp lemon juice and 1 tsp sugar (dbl both for 4 ppl) in a small bowl. Season with salt and pepper.



Finish and serve

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

Dinner Solved!

^{*} Pantry items

^{** **}Cook to a minimum internal temperature of 74°C/165°F, as size may vary.