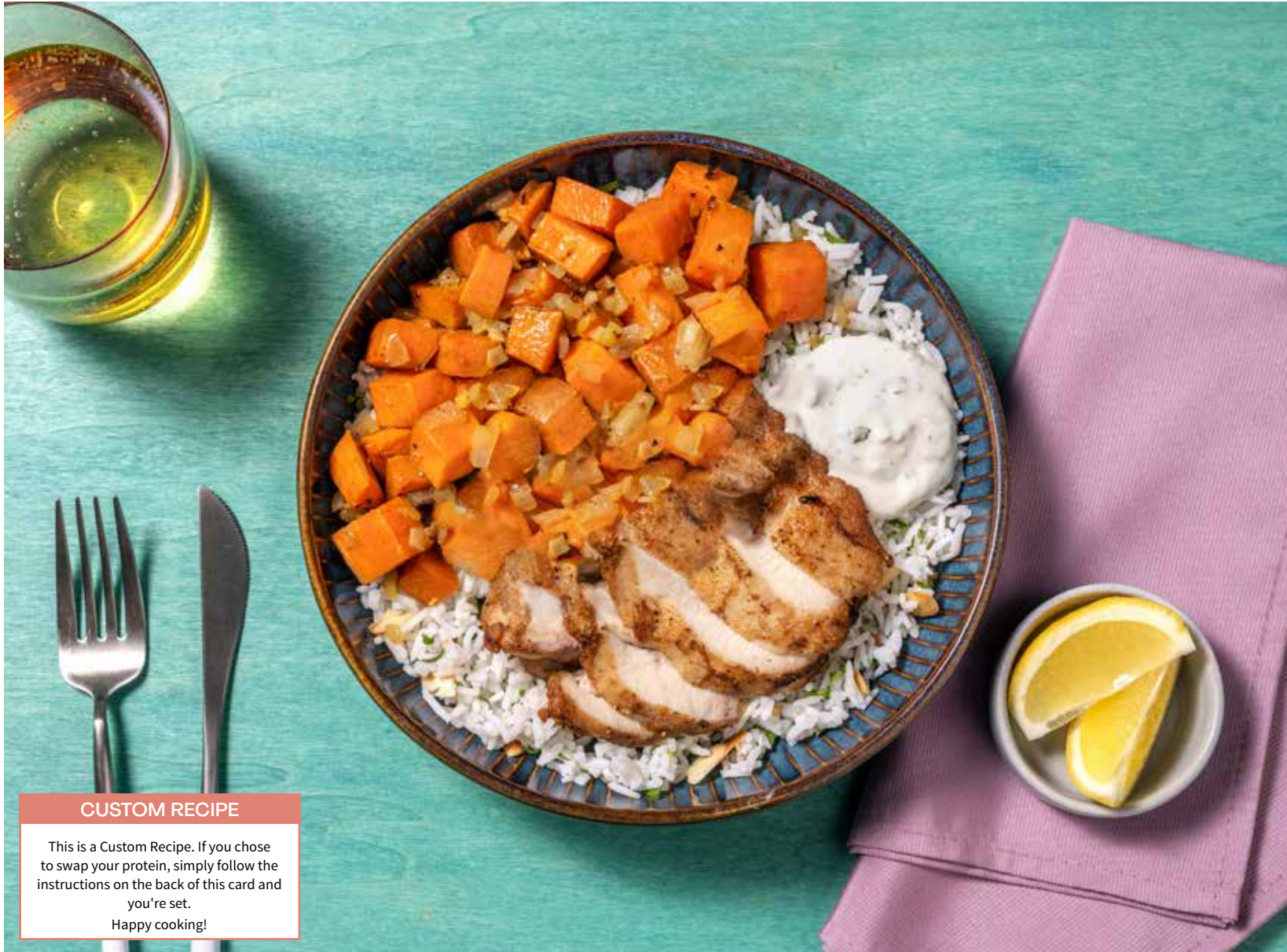




Turkish-Style Spiced Chicken

with Almond Rice and Yogurt Sauce

30 Minutes



Chicken Thighs



Chicken Breasts



Turkish Spice Blend



Almonds, sliced



Basmati Rice



Sweet Potato



Onion, chopped



Greek Yogurt



Parsley



Lemon



Garlic Salt

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!

HELLO TURKISH SPICE BLEND

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Roast sweet potatoes and onions

- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, half the onions, ¼ tsp garlic salt** and **1 tbsp oil** (dbl both for 4 ppl) 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

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



Cook rice

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining onions**. Cook, stirring often, until fragrant, 1 min.
- Add **rice, ¼ tsp garlic salt** and **1 ¼ cups water** (dbl both for 4 ppl). 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 lemon zest, 1 tbsp lemon juice** and **1 tsp sugar** (dbl all for 4 ppl) 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 garlic salt** (dbl for 4 ppl). Season with **pepper**.
- When **almonds** are done, transfer to a plate and set aside.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish and serve

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

Dinner Solved!