

DINNERLY



Low-Cal Baharat Chicken & Turmeric Rice with Creamy Garlic Sauce



20-30min



2 Servings

Making a super easy dish packed with this much flavor? That's just a smart business move. Introducing your new best friends: chicken seasoned with savory baharat, tumeric-flavored rice, fresh lettuce and tomato, and a garlicky yogurt sauce. We've got you covered!

WHAT WE SEND

- ¼ oz turmeric
- ¼ oz baharat spice blend ¹¹
- 5 oz basmati rice
- 1 romaine heart
- 1 plum tomato
- 4 oz Greek yogurt ⁷
- ½ lb pkg boneless, skinless chicken breast strips

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- garlic
- white wine vinegar ¹⁷
- olive oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 17g, Carbs 66g, Protein 40g



1. Start rice

Crush **1 large garlic clove**. In a small saucepan over medium heat, melt **1 tablespoon butter**. Add **crushed garlic**, **½ teaspoon turmeric**, and **¼ teaspoon baharat**; cook, stirring occasionally, until fragrant, about 1 minute. Add **rice** and cook, stirring occasionally, until lightly toasted, 3–4 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil over high heat.



2. Cook rice, prep veggies

Cover saucepan; cook **rice** over low heat until liquid is mostly absorbed, about 17 minutes. Keep covered off heat until ready to serve.

Meanwhile, halve **lettuce** lengthwise. Thinly slice 1 half crosswise; discard stem end (save other half for own use). Cut **tomato** into ¼-inch pieces. Finely chop **¼ teaspoon garlic**.



3. Make garlic sauce

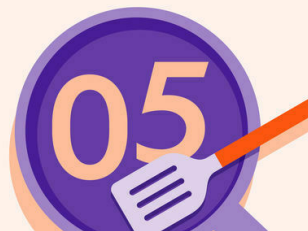
In a small bowl, stir together **yogurt**, **chopped garlic**, **2 teaspoons water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**; set aside until ready to serve.



4. Cook chicken

Pat **chicken** dry; season all over with **salt**, **pepper**, and **remaining baharat**.

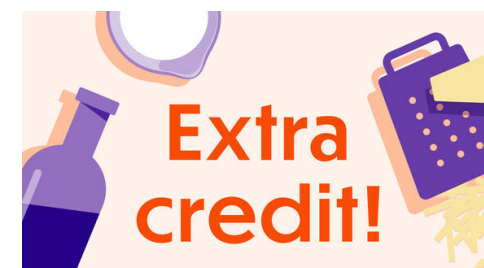
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, without stirring, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more.



5. Finish & serve

Remove **crushed garlic clove** from **rice**, if desired.

Serve **baharat chicken** and **turmeric rice** topped with **lettuce**, **tomato**, and a **drizzle of garlic sauce**. Enjoy!



6. Fill a pita!

This chicken and rice bowl is screaming for a side of pita bread. Serve it on the side to scoop up the rice or even fill a whole pita and turn this dish into a sandwich.