

# DINNERLY



## REBOOT Curried Chicken Thighs with Basmati Rice Pilaf and Peas



20-30min



2 Servings

Juicy chicken thighs are coated in a slightly spicy, highly fragrant, curry marinade and roasted. Served alongside a basmati rice pilaf with sweet bits of apricot scattered throughout, and broiled peas, this is simple cooking that makes life easy, but also really delicious. We've got you covered!

### WHAT WE SEND

- 1 oz dried apricots <sup>17</sup>
- ¼ oz curry powder
- 12 oz boneless, skinless chicken thighs
- 5 oz basmati rice
- ¼ oz granulated garlic
- 5 oz peas

### WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

### TOOLS

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 710kcal, Fat 26g, Carbs 79g, Protein 35g



#### 1. Prep chicken

Preheat oven to 450°F with a rack in the upper third.

Coarsely chop **apricots**. In a medium bowl, whisk **curry powder** with 2 **tablespoons oil**, 1 **teaspoon salt**, and a **few grinds pepper**. Add **chicken** and toss to coat.



#### 2. Roast chicken

Line a rimmed baking sheet with foil. Transfer **chicken** to baking sheet. Scrape **any remaining marinade** over top. Roast in upper third of oven until cooked through, 15–20 minutes.



#### 3. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. In a small saucepan, heat 1 **tablespoon oil** over medium. Add **rice**, **apricots**, ¼ **teaspoon granulated garlic**, 1¼ **cups water**, and ½ **teaspoon salt**. Bring to a boil. Cover and simmer over low until rice is tender, 15–17 minutes. Remove lid and fluff with fork.



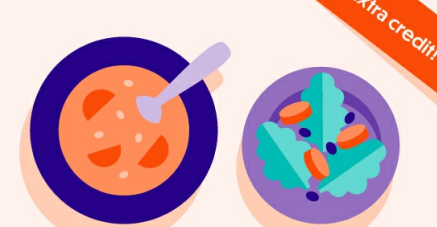
#### 4. Season peas

Meanwhile, as the **rice** and **chicken** cook, toss **peas** in a medium bowl with 1 **tablespoon oil** and a **pinch of each salt and pepper**.



#### 5. Broil chicken & peas

After the **chicken** is cooked through, remove baking sheet from oven. Switch oven to broil. Add **peas** to baking sheet with chicken. Broil until peas are bright green and hot, and chicken is lightly charred in spots, about 3 minutes (watch closely as broilers vary). Scoop **rice** onto plates. Serve with **chicken** and **peas**. Enjoy!



#### 6. Add Your Flair

A full flavored curry always cries out for a cooling side of seasoned yogurt. Whisk a plain yogurt (thin with a bit of water if using Greek yogurt) and season with salt and pepper until it tastes savory. Dollop the yogurt on the rice and enjoy the two together with the spiced chicken.