

DINNERLY



Seared Chicken with Za'atar Brown Rice Spinach & Olives



ca. 20min



2 Servings

Say it with us: za'atar (zaa-tuh). Sounds fancy right? This savory, earthy spice blend amps up jasmine rice to deliver classic Middle Eastern flavors. The seasoned rice combines with briny olives and delicate spinach to provide a delicious bed for lean seared chicken. A final drizzle of a creamy lemon dressing is the perfect finishing touch. We've got you covered!

WHAT WE SEND

- 5 oz quick-cooking brown rice
- ¼ oz za'atar spice blend ¹¹
- 1 lemon
- 2 (1 oz) Castelvetrano olives ¹²
- 2 (1 oz) sour cream ⁷
- ½ lb pkg chicken breast strips
- 3 oz baby spinach

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

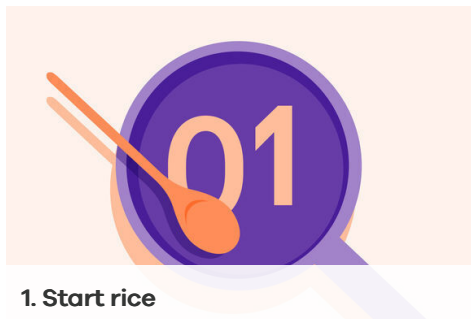
- medium saucepan
- microplane or grater
- medium skillet

ALLERGENS

Milk (7), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 30g, Carbs 58g, Protein 35g



1. Start rice

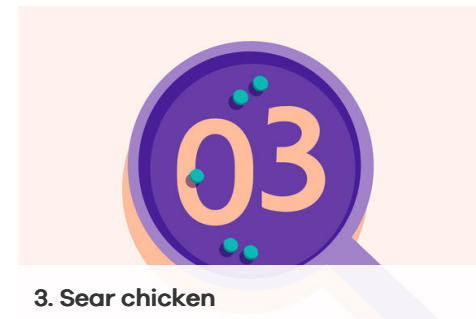
Heat **1 tablespoon oil** in a medium saucepan over medium high. Add **rice** and **2½ teaspoons za'atar**. Cook, stirring, until rice is lightly toasted and **za'atar** is fragrant, 1–3 minutes. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender, 17 minutes.



2. Prep ingredients

Zest **1 teaspoon lemon** and cut **remaining lemon** into wedges. Finely grate **1 teaspoon garlic**. Slice **olives** into rounds or coarsely chop.

In a small bowl, stir to combine **sour cream**, **lemon zest**, **garlic**, and **1 tablespoon water**. Season to taste with **salt**.



3. Sear chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium high. Add chicken and cook until browned and cooked through, 3–5 minutes per side.



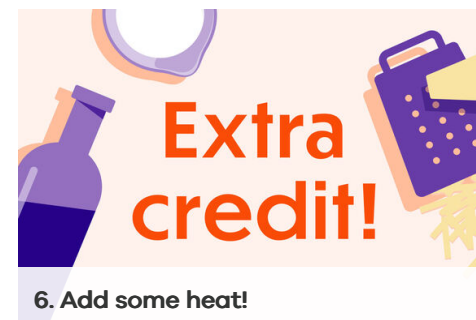
4. Finish rice

Add **spinach** and **olives** to **rice** and mix until spinach is wilted and combined. Season to taste with **salt** and **pepper**.



5. Serve

Transfer **rice** to plates and top with **seared chicken**. Drizzle **lemon cream** over the top and serve with **extra lemon wedges** on the side. Enjoy!



6. Add some heat!

Add some spice to this dish by drizzling on hot sauce or sprinkling it with red pepper flakes.