



One-Pot Iraqi Chicken Breast & Rice Bake

with Red Pepper Relish



30-40min



2 Servings

Warm and comforting, tbit is a traditional Iraqi dish featuring tender chicken that bake along with spiced tomato rice. We season the jasmine rice with Baharat spice blend, onions, garlic, tomatoes and cilantro, then lay the tender chicken breasts on top and bake to steamy, aromatic perfection. A bright and savory relish of roasted red peppers and olives is the crowning garnish.

What we send

- 1 yellow onion
- garlic
- ¼ oz fresh cilantro
- 2 plum tomatoes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz baharat spice blend
- 6 oz tomato paste
- 5 oz jasmine rice
- 1 oz Kalamata olives
- 2 oz roasted red peppers

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- red wine vinegar

Tools

- medium Dutch oven or pot with lid

Cooking tip

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Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 33g, Carbs 75g, Protein 47g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Halve **onion** and coarsely chop one half (save rest for own use). Finely chop **2 teaspoons garlic**. Pick **cilantro leaves** from **stems**; finely chop stems and wrap leaves in a damp paper towel and set aside for garnish. Cut **tomatoes** into ½-inch pieces.



4. Add aromatics

Add **cilantro stems, garlic**, and **2 teaspoons each of baharat spice and tomato paste**. Cook, stirring, until fragrant and tomato paste is caramelized slightly, 1-3 minutes. Add **rice, 1¼ cups water, ½ teaspoon salt**, and **a pinch of sugar**. Cover, bring to a simmer, and then remove from heat.



2. Sear chicken

Pat **chicken** dry and season with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add chicken and cook until well browned on one side (chicken will not be cooked through), 3-4 minutes. Transfer to a bowl.



5. Bake rice & chicken

Place **chicken** on top of **rice**. Cover and bake on center oven rack until rice is tender, about 20 minutes. Remove and let sit covered for 5 minutes.



3. Cook veggies

Add **1 tablespoon oil** to pot if it looks dry. Add **onions** and cook over medium-high heat until softened and just starting to brown, 5-7 minutes. Add **tomatoes** and cook, stirring frequently, until broken down and liquid is reduced, 7-10 minutes.



6. Make relish & serve

Meanwhile, coarsely chop **red peppers** and **olives**, removing any pits if necessary. Add to a small bowl and stir in **2 tablespoons oil, 2 teaspoons vinegar**, and **a pinch each of salt and sugar**. Serve **chicken and rice bake** with **relish** spooned over the top and garnish with **reserved cilantro leaves**. Enjoy!