



Martha's Best Chicken & Brown Rice Bowl

with Honey Roasted Carrots



30-40min



2 Servings

Yes, chicken with brown rice means healthy eating, but we make sure that this bowl also overflows with flavor and texture. We top nutty, quick-cooking brown rice with honey-roasted carrots, tender chili-scented chicken breasts, and a lemony kale salad with crunchy almonds. A creamy yogurt dressing coats it all, and we have a nutritious meal with bright flavors and textural contrast.

What we send

- 5 oz quick-cooking brown rice
- 2 carrots
- ½ oz honey
- 1 lemon
- 1 oz salted almonds ¹⁵
- 1 bunch Tuscan kale
- 10 oz pkg chicken breast strips
- ¼ oz chili powder
- 4 oz Greek yogurt ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- microplane or grater
- medium skillet

Cooking tip

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Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 40g, Carbs 85g, Protein 52g



1. Preheat oven & boil rice

Preheat oven to 450°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve.



4. Cook chicken

Pat **chicken** dry, then season all over with **chili powder** and a **generous pinch each of salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more.



2. Prep & roast carrots

Scrub **carrots**, then cut on an angle into ½-inch thick pieces. Toss on a rimmed baking sheet with **honey** and **1½ tablespoons oil**; season with **salt** and **pepper**. Spread into an even layer. Roast on upper oven rack, tossing halfway through, until caramelized and tender, 20–25 minutes (watch carefully).

Into a large bowl, finely grate **1 teaspoon lemon zest**.



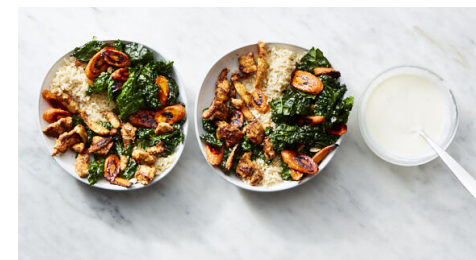
5. Make dressing

Squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in **yogurt** and **1 tablespoon oil**. Stir in **1 tablespoon water** at a time as needed, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.



3. Make kale salad

Coarsely chop **almonds**. Remove **half of the kale leaves** from stems; discard stems and tear leaves into bite-sized pieces (save rest for own use); transfer to bowl with **lemon zest**. Drizzle with **2 teaspoons oil**, and season to taste with **salt** and **pepper**. Use hands to massage kale until bright green and softened, 2–3 minutes. Add **almonds** and toss to combine.



6. Assemble bowls & serve

Divide **brown rice**, **kale salad**, **honey roasted carrots**, and **chicken** between bowls. Drizzle with **lemon yogurt dressing**. Enjoy!