



## Easy Prep! Chicken & Brown Rice Biryani

with Pickled Onions, Yogurt & Cashews



45min



2 Servings

This warmly spiced, comforting rice dish is welcome on our tables any time of year. We sauté flavorful chicken thighs and brown rice with fresh ginger, garlic, and curry powder before baking it with fresh green beans to tender, steamy perfection. Homemade pickled onions are an easy flavor-packed garnish that pair with crunchy cashews and creamy yogurt for this addictively aromatic meal.



## What we send

- 1 red onion
- 1 oz fresh ginger
- garlic
- ½ lb green beans
- 10 oz pkg cubed chicken thighs
- 5 oz quick-cooking brown rice
- ¼ oz curry powder
- 1 oz salted cashews <sup>15</sup>
- 4 oz Greek yogurt <sup>7</sup>
- 1 oz golden raisins <sup>17</sup>

## What you need

- kosher salt & ground pepper
- white wine vinegar (or vinegar of choice) <sup>17</sup>
- sugar
- olive oil

## Tools

- medium Dutch oven or ovenproof skillet

### Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 810kcal, Fat 29g, Carbs 93g, Protein 47g



### 1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Thinly slice **onion**. Finely chop **1 tablespoon each of ginger and garlic**. Trim **green beans** and halve crosswise.

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

In a small bowl, toss to combine **¼ cup of the sliced onions, 1 tablespoon vinegar, 1 teaspoon sugar, and ¼ teaspoon salt**; set aside until step 5.



### 4. Prep cashews & yogurt

Coarsely chop **cashews**.

Thin **yogurt** with **1-2 teaspoons water**, if desired; season to taste with **salt** and **pepper**.



### 2. Start biryani

Heat **2 tablespoons oil** in a medium Dutch oven or ovenproof skillet over medium-high. Add **remaining sliced onions** and **a pinch of salt**; cook, stirring, until softened, 3-5 minutes. Add **chicken**; cook, stirring, until browned on all sides, 3-5 minutes. Add **brown rice, curry powder, and ginger and garlic**; cook, stirring, until fragrant and rice is lightly toasted, 1-2 minutes.



### 5. Finish

Fluff **chicken biryani** with a fork; season to taste with **salt** and **pepper**.

Serve with **yogurt, pickled onions** and **cashews**.



### 3. Bake biryani

Stir in **green beans, raisins, 2 cups water, and ½ teaspoon salt**; bring to a boil. Cover with an ovenproof lid or foil.

Bake on center oven rack until **rice** is tender and **chicken** is cooked through, about 60 minutes.



### 6. Serve

Enjoy!