



Mediterranean Chicken Grain Bowl

with Roasted Carrots, Feta & Tzatziki



35min



2 Servings

Like the bright Mediterranean sunshine, this grain bowl will invigorate you. We roast chicken, carrots, and onions with baharat spice, a blend of warm (not hot!) spices including cumin and cardamom. Plump golden raisins are the base of a vinaigrette, which we toss with nutritious brown rice and fresh mint. Creamy tzatziki, crunchy almonds, and feta complete this grain bowl that will fill you up without weighing you down.

What we send

- 5 oz quick-cooking brown rice
- 2 carrots
- 1 red onion
- garlic
- 10 oz pkg chicken breast strips
- ¼ oz baharat spice blend ¹
- 1 oz golden raisins
- ¼ oz fresh mint
- 1 oz salted almonds ²
- 4 oz tzatziki ^{3,2}
- 2 oz feta ³

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- sugar

Tools

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

Allergens

Sesame (1), Tree Nuts (2), Milk (3).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 52g, Carbs 88g, Protein 50g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat.

Bring a medium saucepan of **salted water** to a boil. Add **rice** and boil (like pasta) stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve; transfer to a medium bowl and cover to keep warm. Reserve saucepan for step 4.



4. Cook raisins

Meanwhile, in reserved saucepan, heat **2 tablespoons vinegar**, **1 tablespoon water**, and **¼ teaspoon sugar** over medium. Add **half of the raisins** (save rest for own use) and cook, stirring occasionally, until plump, 1-2 minutes. Transfer raisins and liquid to a 2nd medium bowl.



2. Prep ingredients

Meanwhile, halve **the carrots** lengthwise, then cut on an angle into 2-inch pieces (save rest for own use). Halve and thinly slice **all of the onion**. Finely chop **2 teaspoons garlic**.

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



5. Make vinaigrette

To the bowl with **raisins**, whisk in **3 tablespoons oil**. Season to taste with **salt and pepper**. Add **remaining onions** and toss to coat.

Pick **mint** from stems and tear leaves if large; discard stems. Coarsely chop **almonds**.



3. Cook carrots & chicken

On preheated baking sheet, carefully toss **carrots, garlic, ⅔ onions**, and **1 tablespoon each of oil and baharat**. Season with **salt and pepper**.

Return baking sheet to upper oven rack and roast until carrots are slightly softened, 10-12 minutes. Add **chicken** to sheet and roast until carrots are browned in spots, onions are jammy, and chicken is cooked through, 5-7 minutes more.



6. Finish & serve

Smear **tzatziki** on the insides of serving bowls. To the bowl with **vinaigrette**, add **rice** and **most of the mint**; toss to coat. Spoon **rice mixture** into serving bowls and top with **chicken, carrots, and onions**. Crumble **feta cheese** over top. Garnish with **almonds and remaining mint leaves**. Enjoy!