

DINNERLY



Tray Bake: Mediterranean Chicken & Rice

with Mint & Feta



45min



2 Servings

Chicken and rice never goes out of style, but this particular combo has a few tricks up its Mediterranean sleeve. Jasmine rice, chicken broth concentrate, and golden raisins serve as a bed for chicken breasts seasoned with Baharat spice for earthy complexity. Chopped almonds, mint, and crumbled feta are elegant garnishes for this sweet and savory dish. We've got you covered!

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ¼ oz baharat spice blend ¹¹
- aluminum foil tray
- 5 oz jasmine rice
- 1 pkt chicken broth concentrate
- 1 oz golden raisins ¹⁷
- 1 oz salted almonds ¹⁵
- ¼ oz fresh mint
- 2 oz feta ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- small saucepan or kettle
- aluminium foil

ALLERGENS

Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 690kcal, Fat 23g, Carbs 76g, Protein 46g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center position.

Pat **chicken** dry; in a medium bowl, toss with **1 tablespoon oil** and **half of the Baharat spice**; season with **salt** and **pepper**.



2. Assemble chicken & rice

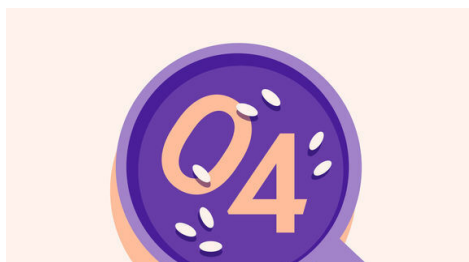
In aluminum tray, combine **rice**, **broth concentrate**, **raisins**, and **½ teaspoon salt**.

In a saucepan or kettle, bring **1¼ cups water** to a boil. Once boiling, pour water over **rice** in tray. Arrange **chicken** on top of rice.



3. Bake chicken & rice

Cover tightly with foil and transfer to oven. Bake until **water** is absorbed and **chicken** is cooked through, 20–25 minutes. Let rest, covered, for 5 minutes.



4. Prep garnish

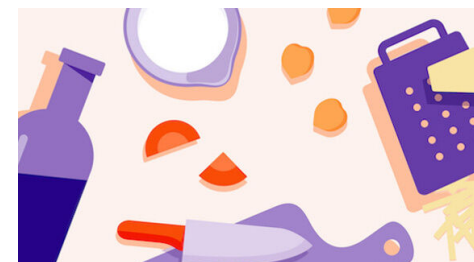
Meanwhile, coarsely chop **almonds**. Roughly chop **mint leaves**; discarding stems.

Remove foil and fluff **rice**, if desired. Garnish with **chopped mint and almonds** and crumble **feta** over the top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!