

DINNERLY



Low-Carb Halal Cart-Style Chicken with Turmeric Jasmine Rice



20-30min



2 Servings

This food truck favorite is getting a low-carb twist! Gyro spice brings major flavor to lean chicken strips served alongside shredded lettuce and diced tomato. We serve the chicken and veggies over a bed of turmeric cauliflower rice that cuts the carbs without losing flavor. A generous drizzle of creamy ranch means it's time to eat! We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 plum tomato
- ½ lb pkg chicken breast strips
- ¼ oz gyro spice
- ¼ oz turmeric
- 5 oz jasmine rice
- 2 (1½ oz) ranch dressing ^{3,7}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- unsalted butter ⁷

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

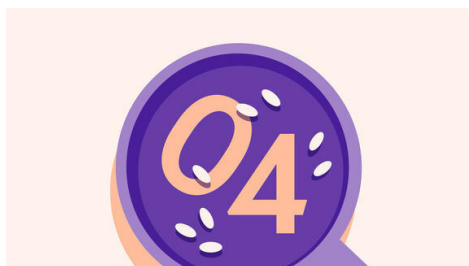
Calories 740kcal, Fat 38g, Carbs 69g, Protein 34g



1. Prep ingredients

Halve **lettuce** lengthwise. Thinly slice 1 half crosswise, discarding stem end (save rest for own use). Cut **tomato** into ¼-inch pieces.

Pat **chicken** dry and cut into 1-inch pieces, if necessary. Add to a medium bowl and toss with **gyro spice** and **1 tablespoon oil**; season with **salt** and **pepper**.



4. Serve

Season **tomatoes** to taste with **salt** and **pepper**.

Serve **chicken** and **rice** topped with **lettuce**, **tomatoes**, and **ranch**. Enjoy!



2. JASMINE RICE VARIATION

Melt **1 tablespoon butter** in a small saucepan over medium heat. Add ½ **teaspoon turmeric** and cook until fragrant, 30 seconds.

Add **jasmine rice** and **1¼ cups water**. Bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, 17–20 minutes. Keep covered off heat until ready to serve.



5. ...

What were you expecting, more steps?



3. Cook chicken

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, without stirring, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more.



6. ...

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