

DINNERLY



Baharat-Spiced Chicken and Hummus Bowls

with Cucumber-Tomato Salad and Rice Pilaf



30-40min



2 Servings

As far as we're concerned, hummus should be its own food group. It's a dip, a spread, a base for baharat-spiced beef bowls, the list goes on. So join us in celebrating the one and only filling, flavorful, versatile hummus with a bowl piled high with rice pilaf, spiced chicken, and cucumber-tomato salad all set upon a base of—you guessed it—hummus. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ¼ oz baharat spice blend ¹¹
- 5 oz jasmine rice
- 1 plum tomato
- 1 cucumber
- 10 oz pkg ground chicken
- 2 (2 oz) hummus ¹¹

WHAT YOU NEED

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

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1000kcal, Fat 50g, Carbs 84g, Protein 39g



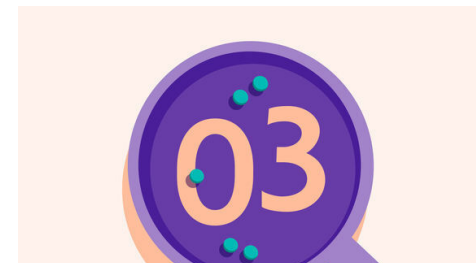
1. Begin rice

Finely chop **onion**. Finely chop **2 large garlic cloves**. In a small saucepan, heat **1 tablespoon oil** over medium heat. Add **⅓ of the onions** and **a pinch of salt**. Cook, stirring occasionally, until onions are softened, about 5 minutes. Add **half of the garlic** and **½ teaspoon baharat**; cook until fragrant.



2. Cook rice

Add **rice** to saucepan and cook, stirring occasionally, until grains are translucent, 2–3 minutes. Add **1¼ cups water** and **½ teaspoon salt**. 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.



3. Make salad

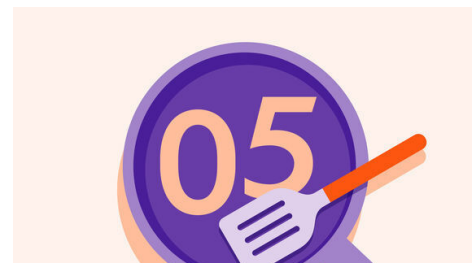
Cut **tomato** into ½-inch pieces. Peel **cucumber** if desired; halve lengthwise, then scoop out seeds. Cut half into ½-inch pieces (save rest for own use).

In a medium bowl, toss **tomatoes, cucumbers**, and **half of the remaining onions** with **½ tablespoon vinegar** and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Set aside until ready to serve.



4. CHICKEN VARIATION

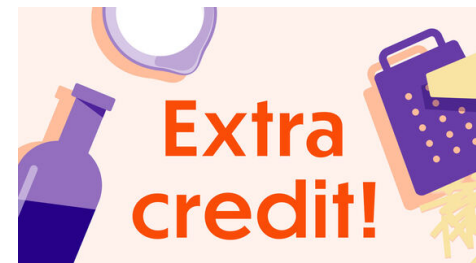
In a medium skillet, heat **1 tablespoon oil** over medium heat. Add **remaining onions** and **a pinch of salt**. Cook, stirring occasionally, until softened, 4–5 minutes. Add **remaining garlic** and **1 teaspoon baharat**; cook until fragrant, about 30 seconds. Add **chicken**; increase heat to medium-high.



5. Finish & serve

Cook **chicken**, breaking up meat with a spoon, until browned in spots and cooked through, about 5 minutes. Add **2 tablespoons water** to skillet. Cook, scraping bottom of skillet to dissolve browned bits, until liquid is absorbed, 1–2 minutes. Season to taste with **salt** and **pepper**.

Divide **hummus, rice, salad**, and **chicken** between bowls. Enjoy!



6. Check us out!

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