



## Coriander-Spiced Chicken

with Yogurt, Roasted Carrots & Almond Dukkah



35min



2 Servings

Dukkah is an Egyptian nut-and-spice blend that's commonly served with olive oil and bread for dipping. We make our own version here with finely chopped almonds and crushed coriander seeds—becoming a toasty, crunchy topper for juicy ground chicken and sweet roasted carrots, served on a swoosh of creamy yogurt.



## What we send

- coriander seeds (use 1 Tbsp)
- 3 oz shallot
- 2 carrots
- 1 oz salted almonds <sup>15</sup>
- 2 Mediterranean pitas <sup>1,6,11</sup>
- sumac (use 1 tsp)
- 10 oz pkg ground chicken
- 1 lemon
- 3 oz baby arugula
- 1 container Greek yogurt <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium skillet
- 2 rimmed baking sheets

## Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 38g, Carbs 66g, Protein 57g



### 1. Toast & crush coriander

Preheat oven to 450°F with racks in the upper and lower thirds. Toast **1 tablespoon coriander seeds** in a medium skillet over medium heat, shaking the skillet until fragrant, 1-2 minutes. Transfer to a cutting board and let cool slightly. Coarsely crush with the bottom of a sturdy cup or side of a chef's knife. Reserve skillet for step 4.



### 4. Cook chicken

In a medium bowl, finely crumble **1 pita wedge**. Stir in **chopped shallots, chicken, remaining crushed coriander, ¾ teaspoon salt**, and **a pinch of pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken, cook without stirring until browned on the bottom, 6 minutes. Break into large pieces and cook, flipping, until cooked through, 2 minutes. Transfer to a plate.



### 2. Prep carrots

While oven preheats, peel **shallot** and cut lengthwise into quarters. Finely chop **1 tablespoon of the shallot**. Cut **carrots** lengthwise into ½-inch thick sticks. On a rimmed baking sheet, rub carrots and quartered shallots with **oil** and season with **salt** and **pepper**. Roast on lower rack, stirring once or twice, until lightly browned and tender, about 20 minutes.



### 5. Make salad & toast pitas

Bake **pitas** on upper rack until lightly toasted, about 5 minutes. In a medium bowl, squeeze **2 teaspoons lemon juice** and add **1 tablespoon oil** and **a pinch of salt and pepper**; whisk to combine. Add **arugula** and toss.



### 3. Make dukkah & prep pitas

Meanwhile, chop **almonds** together with **2 teaspoons of the crushed coriander seeds** on the cutting board. Transfer to a small bowl and season generously with **salt**. Brush **each pita** with **oil**; cut into quarters and transfer to a 2nd baking sheet; sprinkle with **1 teaspoon sumac** (save rest for own use).



### 6. Finish & serve

Stir **2 tablespoons water** into **yogurt** and spread on plates. Season with **salt** and **pepper**. Top with **carrots, shallots**, and **coriander-spiced chicken**. Drizzle with **oil** and sprinkle with **dukkah**. Serve **salad** and **pita** on the side. Enjoy!