# **DINNERLY**



## Low-Cal Halal Cart-Style Chicken

with Yellow Rice & Creamy Garlic Sauce





Making a super easy dish packed with this much flavor? That's just a smart business move. Introducing your new best friends: chicken seasoned with savory baharat, tumeric-flavored rice, fresh lettuce and tomato, and a garlicky yogurt sauce. We've got you covered!

#### **WHAT WE SEND**

- · ¼ oz turmeric
- ¼ oz baharat spice blend <sup>2</sup>
- · 5 oz basmati rice
- 1 romaine heart
- 1 plum tomato
- 4 oz Greek yogurt 1
- ½ lb pkg chicken breast strips

#### WHAT YOU NEED

- butter 1
- kosher salt & ground pepper
- garlic
- white wine vinegar
- olive oil

#### **TOOLS**

- · small saucepan
- medium skillet

#### **ALLERGENS**

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

#### **NUTRITION PER SERVING**

Calories 560kcal, Fat 17g, Carbs 66g, Protein 40g



#### 1. Start rice

Crush 1 large garlic clove. In a small saucepan over medium heat, melt 1 tablespoon butter. Add crushed garlic, ½ teaspoon turmeric, and ¼ teaspoon baharat; cook, stirring occasionally, until fragrant, about 1 minute. Add rice and cook, stirring occasionally, until lightly toasted, 3–4 minutes. Stir in 1¼ cups water and ½ teaspoon salt; bring to a boil over high heat.



### 2. Cook rice, prep veggies

Cover saucepan; cook **rice** over low heat until liquid is mostly absorbed, about 17 minutes. Keep covered off heat until ready to serve.

Meanwhile, halve **lettuce** lengthwise. Thinly slice 1 half crosswise; discard stem end (save other half for own use). Cut **tomato** into ¼-inch pieces. Finely chop ¼ **teaspoon** garlic.



3. Make garlic sauce

In a small bowl, stir together yogurt, chopped garlic, 2 teaspoons water, and 1 teaspoon vinegar. Season to taste with salt and pepper; set aside until ready to serve.



4. Cook chicken

Pat chicken dry; season all over with salt, pepper, and remaining baharat.

Heat **1 tablespoon oil** in a medium 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.



5. Finish & serve

Remove **crushed garlic clove** from **rice**, if desired

Serve baharat chicken and turmeric rice topped with lettuce, tomato, and a drizzle of garlic sauce. Enjoy!



6. Fill a pita!

This chicken and rice bowl is screaming for a side of pita bread. Serve it on the side to scoop up the rice or even fill a whole pita and turn this dish into a sandwich.