



Persian Turmeric Chicken Breast

with Dilled Rice



30-40min



2 Servings

Turmeric is a regularly used spice in Persian cooking, loved for its golden hue and earthiness. Often paired with bone-in chicken for braises and stews, we opt for chicken breast in this recipe for its quick-cooking and lean nature. The chicken simmer with turmeric, sweet onions, garlic, lemon juice, and butter to create a silky sauce. Good thing we have dill-spinach rice on the side to soak it all up!

What we send

- ¼ oz fresh dill
- 5 oz baby spinach
- 5 oz jasmine rice
- 2 (½ oz) dried currants
- ¼ oz turmeric
- 12 oz pkg boneless, skinless chicken breasts
- 1 yellow onion
- garlic
- 1 lemon
- 4 oz Greek yogurt ¹

What you need

- butter ¹
- kosher salt & ground pepper
- olive oil

Tools

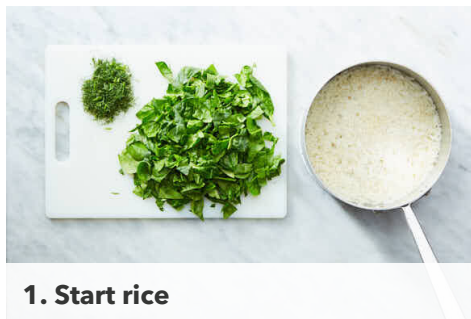
- medium saucepan
- medium skillet

Allergens

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

Nutrition per serving

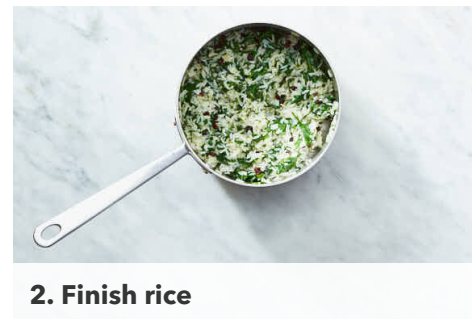
Calories 820kcal, Fat 29g, Carbs 87g, Protein 54g



1. Start rice

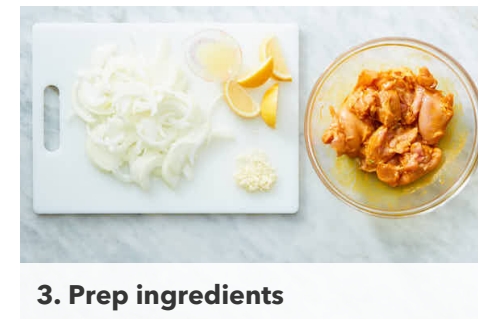
Finely chop **dill fronds and tender stems**. Coarsely chop **spinach**.

Heat **1 tablespoon butter** in a medium saucepan over medium-high. Add **rice** and cook, stirring, until rice is toasted, about 2 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover, reduce heat to low, and cook for 12 minutes.



2. Finish rice

Stir **currants, chopped spinach, and dill** into **rice**. Cover saucepan and continue to cook over low heat until spinach is wilted, rice is tender, and liquid is absorbed, about 5 minutes more. Stir spinach into rice. Keep covered until ready to serve.



3. Prep ingredients

While **rice** cooks, in a medium bowl, combine **1 tablespoon oil, 1 teaspoon turmeric, ½ teaspoon salt, and a few grinds of pepper**. Add **chicken** and toss to coat.

Halve and thinly slice **all of the onion**. Finely chop **2 teaspoons garlic**. Squeeze **2 tablespoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



4. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until well browned, about 3 minutes per side. Transfer to a plate (chicken will not be cooked through).



5. Cook onions

Add **onions** to skillet; cook, scraping up browned bits, until onions are softened, 2-3 minutes (add 1-2 tablespoons water, if browning too quickly). Add **garlic, lemon juice, and ⅓ cup water**; bring to a simmer. Return **chicken and any juices** to skillet. Cover, reduce heat to medium-low, and cook until chicken is cooked through, about 10 minutes. Stir in **1 tablespoon butter**.



6. Finish & serve

Fluff **rice** with a fork. Serve **turmeric chicken** alongside **dill rice**, with **yogurt** spooned over top. Squeeze **any lemon wedges** over top, if desired. Enjoy!