



SMOKY CHICKEN THIGHS WITH YELLOW RICE

plus Peas, Cilantro & Pickled Onion

INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 1 tsp
Turmeric



1 tsp | 2 tsp
Smoked Paprika



¾ Cup | 1½ Cups
White Rice



3 | 6
Chicken Stock
Concentrates



1 | 2
Tomato



1 | 1
Red Onion



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



¼ oz | ½ oz
Cilantro



10 oz | 20 oz
Diced Chicken
Thighs



4 oz | 8 oz
Peas



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HELLO

YELLOW RICE

Cooked with turmeric for a subtle earthy flavor
and sunny golden hue

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 580



IN A PICKLE

In Step 3, you'll microwave sliced onion in a lemon-based pickling liquid; the heat helps the sugar and salt dissolve and speeds up the pickling process.

BUST OUT

- Small pot
- Plastic wrap
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)

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1 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium heat. Add **half the turmeric (all for 4 servings)** and **half the smoked paprika (you'll use the rest later)**; cook, stirring occasionally, until fragrant, 30 seconds.
- Add **rice, stock concentrates, 1¼ cups water (2¼ cups for 4), and a pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-20 minutes. Keep covered off heat until ready to use in Step 5.



4 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in an even layer; season with **remaining smoked paprika, salt, and pepper**. Cook, undisturbed, until lightly browned on the bottom, 2-3 minutes.
- Add **tomato and garlic**; continue to cook, stirring occasionally, until chicken is cooked through and tomato is slightly softened, 3-5 minutes more.



2 PREP

- While rice cooks, **wash and dry produce**.
- Halve, peel, and thinly slice **half the onion (whole onion for 4 servings)**. Halve **lemon**. Dice **tomato** into ½-inch pieces. Peel and mince or grate **garlic**. Pick **cilantro leaves** from stems.



5 FINISH CHICKEN & RICE

- Fluff **rice** with a fork.
- To pan with **chicken**, add rice and **peas**; stir to combine. Taste and season with **salt** if desired.



3 PICKLE ONION

- In a small microwave-safe bowl, combine **sliced onion, ½ tsp sugar, juice from half the lemon, and a pinch of salt (1 tsp sugar and juice from whole lemon for 4 servings)**.
- Cover with plastic wrap and microwave until onion is softened, 30-60 seconds. Set aside.



6 SERVE

- Divide **chicken and rice** between shallow bowls. Top with **cilantro leaves** and as much **pickled onion (draining first)** as you like. Serve.

*Chicken is fully cooked when internal temperature reaches 165°.