



Turkish Spiced Chicken

with Almond Rice, Roasted Sweet Potato and Garlic-Lemon Yogurt Sauce

30 Minutes



Chicken Breasts



Turkish Spice Blend



Almonds, sliced



Basmati Rice



Sweet Potato



Shallot



Greek Yogurt



Parsley



Lemon



Garlic Salt

HELLO TURKISH SPICE

A blend of robust herbs and spices to wake up your taste buds!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

2 Baking sheets, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Turkish Spice Blend	1 tbsp	2 tbsp
Almonds, sliced	28 g	28 g
Basmati Rice	¾ cup	1 ½ cup
Sweet Potato	340 g	680 g
Shallot	50 g	100 g
Greek Yogurt	100 g	200 g
Parsley	7 g	14 g
Lemon	1	2
Garlic Salt	½ tsp	1 tsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** **Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Roast sweet potatoes

Cut the **sweet potatoes** into ½-inch pieces. Peel, then cut **shallots** into ½-inch pieces. Toss **sweet potato, half the shallots, ¼ tsp garlic salt and 1 tbsp oil** (dbl both for 4 ppl) on a baking sheet. Season with **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 18-22 min.



Cook chicken

Increase heat to medium-high. Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then the **chicken**. Pan-fry, until golden, 1-2 min per side. Transfer **chicken** to the another baking sheet. Roast in the **top** of the oven, until **chicken** is cooked through, 10-12 min.**



Cook rice

While **potatoes** roast, heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining shallots**. Stir often, until fragrant, 1 min. Add **rice** and **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Make yogurt sauce

While **chicken** cooks, zest **1 tsp lemon zest** (dbl for 4 ppl), then juice **half the lemon** (1 lemon for 4 ppl). Cut **remaining lemon** into wedges. Roughly chop **parsley**. Whisk together **yogurt, lemon zest, half the parsley, 1 tbsp lemon juice and 1 tsp sugar** (dbl both for 4 ppl) in a small bowl. Season with **salt and pepper**.



Toast almonds and prep

While **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring occasionally, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Meanwhile, pat **chicken** dry with paper towels. Sprinkle with **Turkish Spice Blend** and **¼ tsp garlic salt** (dbl for 4 ppl). Season with **pepper**. When **almonds** are done, transfer to a plate and set aside.



Finish and serve

Fluff **rice** with a fork, then stir in **toasted almonds** and **remaining parsley**. Season with **salt**. Slice **chicken**. Divide **rice** between plates and top with **sweet potatoes** and **chicken**. Spoon over **yogurt sauce**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!