



INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Shawarma Spice
Blend



9 oz | 18 oz
Carrots



1 Clove | 2 Cloves
Garlic



¼ oz | ¼ oz
Cilantro



1 | 1
Lemon



½ Cup | 1 Cup
Jasmine Rice



1 oz | 2 oz
Golden Raisins



2 | 4
Chicken Stock
Concentrates



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts

HELLO

SHAWARMA SPICE

This blend—with turmeric, cumin, coriander, allspice, garlic powder, and paprika—adds warming, earthy flavors to chicken and rice.

ONE-PAN SHAWARMA-SPICED CHICKEN & RICE

with Golden Raisins, Carrots & Cilantro Yogurt Sauce

ONE PAN



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 640



FRESH MINCE

Fun fact: It's believed that your genes may determine whether or not you like cilantro. If you're unfamiliar with the herb, give it a taste. Love it? Add away! Unsure? Feel free to use just a pinch or skip it altogether.

BUST OUT

- Paper towels
- Medium pan
- Peeler
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com

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



1 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **1 tsp Shawarma Spice (2 tsp for 4 servings)**, **salt**, and **pepper**. (You'll use the rest of the **Shawarma Spice** later.)
- Heat a **drizzle of oil** in a medium, preferably nonstick, pan (**use a large, preferably nonstick, pan for 4**) over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Remove from pan and set aside to rest.



4 COOK RICE

- Add a **drizzle of oil** to pan with **carrots**; add **garlic**, **rice**, **raisins**, **remaining Shawarma Spice**, and **½ tsp salt (1 tsp for 4 servings)**. Cook until fragrant, 1 minute.
- Stir in **1½ cups water (3 cups for 4)** and **stock concentrates**. Bring to a boil; cook, stirring occasionally, until liquid has reduced by half, 3-4 minutes. Cover pan and reduce heat to low. Cook until rice is tender, 15-18 minutes. **TIP: Add a splash of water if mixture seems dry.**
- Remove pan from heat; return **chicken** to pan. Let sit for 3 minutes to warm through.



2 PREP

- While chicken cooks, **wash and dry produce**.
- Trim, peel, and dice **carrots** into ½-inch pieces. Peel and mince **garlic**. Finely chop **cilantro**. Quarter **lemon**.



5 MAKE SAUCE

- While rice cooks, in a small bowl, combine **yogurt**, **sour cream**, and **half the cilantro**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



3 COOK CARROTS

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat.
- Add **carrots** in a single layer; season with **salt** and **pepper**. Cook, stirring occasionally, until browned, 3-4 minutes.



6 FINISH & SERVE

- Transfer **chicken** to a cutting board; slice crosswise.
- Fluff **rice** with a fork and stir in a **big squeeze of lemon juice** to taste.
- Divide rice between bowls. Top with **chicken** and garnish with **almonds** and **remaining cilantro**. Drizzle **cilantro yogurt sauce** over top. Squeeze **juice from any remaining lemon wedges** over bowls to taste and serve.

WK 35-6