



STICKY SPANISH CHICKEN

with Yellow Rice, Broccoli and Green Peas



HELLO TURMERIC

The secret ingredient to golden-hued rice

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 737



Chicken Thighs



Garlic



Sherry Vinegar



Parsley



Paprika-Cumin-Garlic Powder Blend



Onion, chopped



Basmati Rice



Chicken Broth Concentrate



Honey



Peas



Turmeric



Broccoli, florets

BUST OUT

- Medium Bowl
- Measuring Spoons
- Small Pot
- Salt
- Measuring Cups
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- | | | |
|---------------------------------------|----------------------|----------------------|
| • Chicken Thighs | 1 pkg
(340 g) | 2 pkg
(680 g) |
| • Garlic | 1 pkg
(10 g) | 2 pkg
(20 g) |
| • Sherry Vinegar 9 | ½ bottle
(1 tbsp) | 1 bottle
(2 tbsp) |
| • Parsley | 1 pkg
(10 g) | 1 pkg
(10 g) |
| • Paprika-Cumin-Garlic Powder Blend 9 | 1 pkg
(1 tbsp) | 2 pkg
(2 tbsp) |
| • Onion, chopped | 1 pkg
(56 g) | 2 pkg
(113 g) |
| • Basmati Rice | 1 pkg
(170 g) | 2 pkg
(340 g) |
| • Chicken Broth Concentrate | 1 | 2 |
| • Honey | 2 pkg
(2 tbsp) | 4 pkg
(4 tbsp) |
| • Peas | 1 pkg
(113 g) | 2 pkg
(227 g) |
| • Turmeric | 1 pkg
(¼ tsp) | 1 pkg
(½ tsp) |
| • Broccoli, florets | 1 pkg
(227 g) | 2 pkg
(454 g) |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- | | |
|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 175°F.

START STRONG

Turmeric is what gives the rice its gorgeous yellow hue. A pinch is all you need – adding too much may turn the rice bitter!



1 PREP Wash and dry all produce.* Mince or grate the **garlic**. Roughly chop the **parsley**. In a medium bowl, combine the **chicken** and **spice blend**.



2 COOK RICE Heat a small pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until browned, 5-6 min. Add the **rice** and **garlic**. Stir for 1 min. Add the **broccoli**, **broth concentrate(s)**, **1½ cups salted water** (double for 4 people) and a pinch of **turmeric**. Boil, then reduce the heat to low. Cover and cook until all the water is absorbed, 12-14 min.



3 COOK CHICKEN Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Sear until the chicken is cooked through and golden-brown, 5-6 min per side. (**TIP:** Cook to a minimum internal temperature of 175°F.**)



4 FINISH CHICKEN Reduce the heat to medium-low. Add the **honey** and **1 tbsp vinegar** (double for 4 people) to the pan. Cook, stirring occasionally, until a sticky glaze coats the **chicken**, 1-2 min.



5 FINISH RICE Fluff the **rice** with a fork. Stir in the **peas** and **half the parsley** until warmed through. Season with **salt** and **pepper**.



6 FINISH AND SERVE Thinly slice the **chicken**. Divide the **rice** between plates. Top with the chicken and drizzle with any leftover **glaze**. Sprinkle with the **remaining parsley**.

EASY PEA-SY!

Peas are vitamin and fibre-packed – a delicious and nutritious addition to the recipe.