



## Turkish Chicken and Rice

with Raisins and Almonds



30-40min



2 Portions

Turkish inspiration transforms the well known combo of chicken and rice into something a little more luxurious. The trick is in the balance of sweet against savoury, and the interplay of textures, crunchy nuts and cucumber against silken sauce. Clever cooking to elevate everyday ingredients.



## What we send

- free-range chicken thigh fillet
- onion
- allspice
- diced Italian tomatoes
- raisins
- jasmine rice
- capsicum
- carrots
- Lebanese cucumber
- slivered almonds <sup>15</sup>

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- large deep frypan or saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 730kcal, Fat 23.3g, Carbs 84.7g, Proteins 39.2g



### 1. Prepare vegetables

Thinly slice the **onion**. Thinly slice the **capsicum**, discarding the seeds and membrane. Finely chop the **carrot**. Put the **almonds** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan.



### 4. Cook onion

Add **2 tsp olive oil** to the pan and reduce the heat to medium. Cook the **onion, capsicum** and **carrot** for 5 mins or until starting to soften. Add the **allspice** and cook for 1 min or until fragrant.



### 2. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 5. Add tomatoes

Return the **chicken** to the pan with the **tomatoes, half the raisins** (the remaining raisins won't be used in this dish) and **80ml (1/3 cup) water**. Bring to the boil then reduce the heat to low and simmer, covered, for 6-8 mins or until the carrots are tender and the flavours have developed. Season with **salt and pepper**.



### 3. Prepare chicken

While the rice is cooking, cut the **chicken** into 3cm chunks. Heat **2 tsp olive oil** in the reserved pan over medium-high heat. Cook the chicken, turning occasionally, for 2-3 mins until the chicken is browned. Season with **salt and pepper** and remove from the pan.



### 6. Get ready to serve

Meanwhile, finely chop the **cucumber**. Divide the **rice** and **Turkish chicken** among bowls. Scatter over the **cucumber** and **toasted almonds** to serve.