





AS SEEN ON

MARTHA STEWART'S
COOKING SCHOOL

Arabian Gulf Edition

Seared Chicken

with Mixed Grain Pilaf

 30-40min  2 Servings

This hearty pilaf is a recipe adapted from season 5, episode 13 of Martha Stewart's Cooking School on PBS, which highlights the cuisine of the Arabian Gulf. Chicken thighs are beautifully browned and paired with a salad not short on personality—great crunch from slivered almonds, arugula brings a peppery bite, and pomegranate seeds add color and surprising bursts of sweetness. Squeeze fresh lem...

What we send

- yellow onion
- packet chicken broth concentrate
- pomegranate seeds
- bone-in skin-on chicken thighs
- cloves garlic
- golden raisins
- fresh parsley
- baby arugula
- lemon

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 965.0kcal, Fat 49.8g, Proteins 45.6g, Carbs 75.7g



1. Prep ingredients

Preheat oven to 425°F. Peel, halve, and finely chop all of **onion**. Finely chop **garlic**. Pat **chicken** dry and trim excess fat and skin.



2. Brown chicken

Heat 1 tablespoon **oil** in a large ovenproof skillet with lid over medium-high. Season **chicken** all over with ½ teaspoon **salt** and several grinds **pepper**. Add to pan, skin-side down and cook until deeply golden, 6-7 minutes. Flip and cook until browned, about 3 minutes more. Transfer to a plate.



3. Sauté aromatics

Add **onion** and **garlic** to skillet and cook over medium heat until golden, 5-7 minutes. Add **grains** and cook, stirring occasionally, until lightly toasted, about 5 minutes. Add **chicken broth packet** and 1½ cups **water**. Season with **salt** and **pepper** and bring to a boil.



4. Finish chicken

Stir in **raisins**. Return **chicken** to skillet, skin-side up. Cover, place in oven, and cook until **grains** are tender and chicken is cooked through, 12-14 minutes.



5. Prep garnishes

Spread **almonds** on a rimmed baking sheet and toast in oven until golden, 2-3 minutes. Pick **parsley leaves** from stems and coarsely chop leaves. Zest **half of lemon** and cut **half** into wedges (reserve other half for **salad**).



6. Make salad

In a medium bowl, squeeze **remaining half of lemon**. Whisk in 2 tablespoons **oil**, **lemon zest**, and season with **salt** and **pepper**. Add **arugula** and toss; divide between plates. Spoon **chicken** and **grains** over salad and top with **chopped parsley**, **almonds**, and **pomegranate seeds**. Serve **lemon wedges** alongside for squeezing over. Enjoy!