



AS SEEN ON

MARTHA STEWART'S
COOKING SCHOOL

Arabian Gulf Edition

Seared Chicken

with Mixed Grain Pilaf



30-40min



4 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
- packets chicken broth concentrate
- baby arugula
- bone-in skin-on chicken thighs
- lemon
- pomegranate seeds
- golden raisins
- fresh parsley
- cloves garlic

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 764.0kcal, Fat 38.7g, Proteins 41.3g, Carbs 55.8g



1. Prep ingredients

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



2. Brown chicken

Heat 1 tablespoon oil in a large skillet with lid on medium-high. Season chicken all over with ½ teaspoon salt and several grinds pepper. Working in batches if necessary, add to pan, skin-side down; cook until deeply golden, 6–8 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 packets and 3 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 juice from **remaining half of lemon**. Whisk in 3 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!