

# Middle Eastern Baked Chicken Thighs & Rice

with Chickpeas & Yogurt

2 SERVINGS | 45-55 MINS

 **Blue Apron**  
blueapron.com



In this warming dish, you'll sear chicken thighs coated with ras el hanout, then finish them in the oven over a bed of rice and chickpeas. Raisins and pickled peppers add pops of welcome tang and sweetness to every flavorful bite.

## Ingredients

-  ¾ lb Boneless, Skinless Chicken Thighs
-  1 15.5-oz can Chickpeas
-  ½ cup Jasmine Rice
-  2 cloves Garlic
-  1 Yellow Onion
-  2 Tbsps Tomato Paste
-  1 Tbsp Pickled Peruvian Peppers
-  2 Tbsps Golden Raisins
-  ½ cup Plain Nonfat Greek Yogurt
-  1 Tbsp Ras el Hanout



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Halve, peel, and small dice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **chickpeas**.



## 2 Brown the chicken

- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and **up to half the ras el hanout**.
- In a medium pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 2 to 3 minutes per side, or until browned.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 3 Cook the onion & garlic

- To the pan of reserved fond, add the **diced onion** and **chopped garlic** (if the pan seems dry, add a drizzle of olive oil). Season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly softened.
- Add the **tomato paste** and **remaining ras el hanout**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.



## 4 Add the rice & assemble the casserole

- To the pan, add the **rice**, **raisins**, **drained chickpeas**, and **1¾ cups of water** (carefully, as the liquid may splatter); season with salt and pepper. Stir to thoroughly combine. Heat to boiling on high.
- Once boiling, carefully transfer to a baking dish. Spread into an even layer.
- Carefully top with the **browned chicken**. Tightly cover the baking dish with foil to completely seal.



## 5 Bake the casserole & serve your dish

- Bake the **casserole** 21 to 23 minutes, or until the rice is tender and the chicken is cooked through.\*
- Meanwhile, season the **yogurt** with salt and pepper.
- Remove the baked casserole from the oven. Let stand at least 2 minutes before removing the foil.
- Serve the **baked casserole** garnished with a drizzle of **olive oil** and the **peppers**. Serve the **seasoned yogurt** on the side. Enjoy!



\*An instant-read thermometer should register 165°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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