

# Middle Eastern Baked Chicken Thighs & Rice

with Chickpeas & Yogurt

2 SERVINGS

45-55 MINS

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## Ingredients



¾ lb Boneless, Skinless Chicken Thighs 



½ cup Long Grain White Rice




1 8-oz can Tomato Sauce



1 ½ Tbsps Golden Raisins



2 Boneless, Skinless Chicken Breasts 



2 cloves Garlic



1 Tbsp Sweetly Drop Peppers



1 Tbsp Ras el Hanout



1 15.5-oz can Chickpeas



1 Yellow Onion



½ cup Plain Nonfat Greek Yogurt

\*Ingredients may be replaced and quantities may vary.



## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; 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, high-sided 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.



## CUSTOMIZED STEP 2 *If you chose Chicken Breasts*

- Brown the chicken as directed.

## 3 Cook the onion & garlic

- Add the **diced onion** and **chopped garlic** to the pan of reserved fond (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 sauce** and **remaining ras el hanout**; season with salt and pepper. Cook, stirring constantly, 2 to 3 minutes, or until combined and the sauce is slightly thickened.



## 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, turn off the heat. Carefully transfer to a baking dish and 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** 25 to 27 minutes, or until the rice is tender and the chicken is cooked through.\*
- Meanwhile, season the **yogurt** with salt and pepper.
- Remove the casserole from the oven. Let stand at least 2 minutes before removing the foil.
- Serve the **baked casserole** garnished with the **peppers** and a drizzle of **olive oil**. Serve the **seasoned yogurt** on the side. Enjoy!



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

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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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