

# Spiced Chicken & Saffron Rice

with Almonds & Lemon Yogurt

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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## Ingredients



2 Boneless, Skinless Chicken Breasts



1 Red, Yellow, or Orange Bell Pepper



½ cup Plain Nonfat Greek Yogurt



1 Tbsp Ras el Hanout



½ cup Long Grain White Rice



2 cloves Garlic



2 Tbsps Sliced Roasted Almonds



2 Scallions



1 Lemon



1 pinch Saffron



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients & make the lemon yogurt

- Wash and dry the fresh produce.
- Cut off and discard the stem of the **pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **yogurt** and **the juice of 2 lemon wedges**; season with salt and pepper.



## 2 Cook the rice

- In a small pot, combine the **rice**, **saffron**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## 3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **ras el hanout** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Loosely cover with foil to keep warm.



## 4 Cook & finish the pepper

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to a large bowl and stir in **the juice of the remaining lemon wedges**.
- Wipe out the pan.



## 5 Finish the rice & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Transfer to the bowl of **finished pepper**; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished rice** topped with the **sliced chicken** and **lemon yogurt**. Garnish with the **almonds** and **sliced green tops of the scallions**. Enjoy!



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