

Middle Eastern Chicken-Chickpea Salad

with Brown Rice & Tahini Dressing

TIME: 30-40 minutes

SERVINGS: 2

In this vibrant salad, brown rice is tossed with roasted carrots and chickpeas spiced with za'atar—a traditional Middle Eastern blend. Spooned over the top of our salad and simple seared chicken, a creamy tahini-garlic dressing ties it all together.



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1/2 cup
BROWN RICE



1 7.75-oz can
CHICKPEAS



3/4 lb
CARROTS



1 clove
GARLIC

KNICK KNACKS:



2 Tbsps
TAHINI



2 Tbsps
QUARK CHEESE



1 Tbsp
ZA'ATAR
SEASONING*



1 Tbsp
RED WINE
VINEGAR



1/2 oz
SWEET PIQUANTE
PEPPERS

* Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper



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1 Cook the rice:

- ☐ Place a rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a large pot of salted water to boiling on high. Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Drizzle with olive oil and season with salt and pepper.

2 Prepare the carrots & chickpeas:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces. Drain and rinse the **chickpeas**.

3 Roast the carrots & chickpeas:

- ☐ While the rice continues to cook, line a sheet pan with aluminum foil. Place the **carrot pieces** and **chickpeas** on the foil. Drizzle with olive oil and season with salt, pepper, and the **za'atar seasoning**; toss to coat.
- ☐ Roast 17 to 19 minutes, or until lightly browned and the carrots are tender when pierced with a fork.
- ☐ Transfer the roasted carrots and chickpeas to the pot of **cooked rice**. Stir to combine. Cover to keep warm.

4 Prepare the remaining ingredients:

- ☐ While the carrots and chickpeas roast, roughly chop the **peppers**.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ To make the dressing, in a bowl, whisk together the **tahini**, **quark**, **vinegar**, **3 tablespoons of water**, **2 tablespoons of olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper to taste.

5 Cook the chicken:

- ☐ While the carrots and chickpeas continue to roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 6 to 7 minutes per side, or until browned and cooked through.
- ☐ Transfer to a cutting board.

6 Make the salad & serve your dish:

- ☐ To the pot of **cooked rice**, **chickpeas**, and **carrots**, add the **chopped peppers**; season with salt and pepper. Stir to combine. Season with salt and pepper to taste.
- ☐ Slice the **cooked chicken** crosswise.
- ☐ Serve the sliced chicken over the salad. Top the chicken with some of the **dressing**. Serve with any remaining dressing on the side. Enjoy!

