

Middle Eastern Baked Chicken Thighs & Rice

with Chickpeas & Yogurt

2 SERVINGS | 45-55 MINS

 **Blue Apron**
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Ingredients



12 oz Boneless, Skinless Chicken Thighs



2 cloves Garlic



1 ½ Tbsps Golden Raisins



⅓ cup Chicken Bone Broth



½ cup Long Grain White Rice



1 Yellow Onion



2 Tbsps Tomato Paste



1 Tbsp Shawarma Spice Blend¹



1 15.5-oz can Chickpeas



½ oz Sweety Drop Peppers



½ cup Plain Nonfat Greek Yogurt



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¹. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

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



This recipe was designed for easier cleanup—no extra prep bowls needed!

2 Brown the chicken

- Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and **up to half the spice blend**.
- 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.



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 paste** and **remaining spice blend**; season with salt and pepper. Cook, stirring constantly, 2 to 3 minutes, or until thoroughly combined.



4 Add the rice & assemble the casserole

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- To the pan, add the **rice, raisins, drained chickpeas, broth**, and **1 1/2 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!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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