



MIDDLE EASTERN CHICKEN & RICE

WITH TURMERIC YOGHURT

DIFFICULTY: Easy | SERVES: 4 | READY IN: 45 minutes

This Middle Eastern chicken and rice is fragrant and flavoursome. It's lower in carbs thanks to cauliflower replacing some of the rice. Serve with turmeric spiced yoghurt and you have a super nutritious meal!



CHICKEN & PISTACHIOS

- 600g chicken tenderloins (1lb 5oz)
- 1 1/2 tsp ground cumin
- 1 1/2 tsp paprika
- 3 Tbsp pistachios
- 1 Tbsp olive oil
- Zest of 1 lime
- 1 tsp ground cumin
- 1 tsp turmeric
- 2 Tbsp water
- 1 Tbsp honey
- 250g microwave pouch brown rice and quinoa (8.8oz)
- 100g baby spinach (3.5oz)

RICE

- 1/2 cauliflower
- 100g dried apricots (3.5oz)
- 1 small red onion
- 1 large clove garlic
- 1 Tbsp butter
- 1 Tbsp olive oil

TURMERIC YOGHURT

- 3/4 cup unsweetened Greek yoghurt (190ml)
- 1/2 Tbsp honey
- 1/4 tsp turmeric

1. PREPARE CHICKEN

Sprinkle cumin and paprika over chicken and season with salt and pepper. Preheat oven to 180°C (360°F) fan bake. Line a large oven tray with baking paper.

2. PREPARE RICE

Cut cauliflower into florets and place in a food processor. Process until cauliflower pieces are about the same size as rice grains. If you don't have a food processor, you can grate the cauliflower instead. Dice apricots and onion into small pieces. Crush garlic.

3. PREPARE TURMERIC YOGHURT

Whisk yoghurt, honey and turmeric together until well combined. Season with salt and pepper to taste.

4. COOK CHICKEN & PISTACHIOS

Heat a large high-sided frying pan on medium-high. Add pistachios and cook until toasted (about 2 minutes). Remove into a bowl. Add oil to pan, then add chicken and brown for 1-2 minutes each side (you can do this in batches). Transfer to prepared tray and bake for 10-15 minutes, until cooked through.

5. COOK RICE

Meanwhile, melt butter and oil in pan used to cook chicken. Sauté apricots, onion and garlic for 1 minute. Add cauliflower, lime zest, cumin and turmeric. Cook, stirring, for 4-5 minutes. Microwave rice according to instructions on the packet. Add water and honey to pan. Cook for a minute, then stir in rice and spinach. Season to taste with salt and pepper.

6. SERVE

Divide rice between warmed serving plates or bowls. Top with chicken, pistachios and turmeric yoghurt. Serve with wedges of the zested lime, if you like.



WINE MATCH: A Chardonnay.

MIDDLE EASTERN CHICKEN AND RICE RECIPE NOTES

GLUTEN-FREE OPTION: This meal is naturally gluten-free.

INGREDIENT SWAPS / NOTES: Salmon fillets would be a nice alternative to chicken - reduce to 450g / 1lb. It can be cooked in the same way but should only need 5-10 minutes in the oven. You could swap the pistachios for whole or sliced almonds.

STORING AND REHEATING: Store individual portions of chicken and rice in airtight containers in the fridge. Store yoghurt and pistachios separately. Reheat chicken and rice in the microwave. Add yoghurt and pistachios just before serving.