

# Persian-Style Chicken & Crispy Rice

with Summer Squash, Currants, & Lemon Yogurt

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

This dish starts with a sauté of chicken and vegetables, including tender summer squash (yours may be grey or green zucchini, or yellow squash). For authentic Persian flavor, we're cooking it all with crunchy almonds and traditional warming spices like cardamom and turmeric. Baking some of our cooked rice before mixing it back in—along with lemon-seasoned currants—creates delicious layers of texture.



## MATCH YOUR BLUE APRON WINE:



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



10 oz  
CHOPPED  
CHICKEN BREAST



1/2 cup  
JASMINE RICE



1/2 cup  
PLAIN GREEK  
YOGURT



1  
PINK LEMON



1  
SUMMER SQUASH



1  
YELLOW ONION



1 bunch  
PARSLEY



3 Tbsp  
ROASTED  
ALMONDS



1 1/2 Tbsp  
DRIED CURRANTS



2 Tbsp  
BUTTER



1 1/2 tsp  
PERSIAN CHICKEN  
SPICE BLEND\*

\* Ground Cardamom, Ground Cumin, & Ground Turmeric

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## KNICK KNACKS:

BT  
Chicken: Very interesting flavors. Add. Needs spiciness. Great to try... once  
Rice: BT. Needs modifications to liquid volume & cook times.



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### 1 Cook the rice:

- ☐ Preheat the oven to 475°F.
- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork.
- ☐ Transfer **half the cooked rice** to a sheet pan; spread into an even layer. Set the **remaining cooked rice** aside in a warm place.

### 2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Quarter the squash lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Roughly chop the almonds.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Place the currants in a bowl; top with **the juice of 2 lemon wedges**.

### 3 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels and transfer to a bowl. Season with salt, pepper, and the **spice blend**; toss to coat.
- ☐ 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, stirring occasionally, 5 to 7 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

### 4 Cook the vegetables & finish the chicken:

- ☐ Add the **butter** to the pan of reserved fond and heat on medium-high until melted. Add the **onion**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until lightly browned and slightly softened. Add the **squash**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened. Add the **almonds**, **cooked chicken**, and **half the parsley**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat and season with salt and pepper to taste.

### 5 Bake & finish the rice:

- ☐ While the vegetables cook, drizzle the sheet pan of **cooked rice** with olive oil. Bake, stirring halfway through, 7 to 9 minutes, or until lightly browned and crispy.
- ☐ Remove from the oven and let stand for at least 2 minutes. Carefully transfer to the pot of **remaining cooked rice**. Stir in the **currants** (including any liquid). Season with salt and pepper to taste.

### 6 Make the lemon yogurt & plate your dish:

- ☐ While the rice bakes, in a bowl, whisk together the **lemon zest**, **yogurt**, **the juice of the remaining lemon wedges**, and **1 teaspoon of water**. Season with salt and pepper to taste.
- ☐ Divide the **finished rice** between 2 dishes and top with the **finished chicken and vegetables**. Top with spoonfuls of the lemon yogurt. Garnish with the **remaining parsley**. Serve with the remaining lemon yogurt on the side. Enjoy!