



## **Persian Chicken** **with Carrots and Jeweled Rice**

In the Test Kitchen, we firmly believe that there's no shortage of ways to spice up everyday chicken. For tonight's Persian-inspired Encore Recipe, yogurt-marinated chicken breasts are crusted with flour, cardamom, coriander, and garlic powder, then seared until golden. Tender roasted carrots are sliced on a bias to create more surface area, which ensures quick and even roasting, not to mention a stunning presentation.

40–50 minutes

840 calories per serving



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## Ingredients

- 6 ounces low-fat yogurt
- 3 boneless skinless chicken breasts
- 3 tablespoons pistachios
- 1 lemon
- 1 pound carrots
- 1/8 ounce parsley, divided
- 1 yellow onion
- 1 cup basmati rice
- 1 cinnamon stick
- 3 tablespoons currants
- 1 spice mix, divided
  - 1/2 teaspoon ground cardamom
  - 1/2 teaspoon ground coriander
  - 1 teaspoon garlic powder
- 1/2 cup flour

## You'll need

- olive oil
- kosher salt
- black pepper
- large resealable plastic bag (optional)
- 6" small pot with lid
- baking sheet
- 12" large nonstick pan

## Recipe tips

Be sure to read through the entire recipe before you begin cooking.

Yogurt infuses the chicken with moisture and rich flavor, but you'll want to wipe off as much as possible before breading. This helps the flour stick in a thin layer, ensuring an evenly browned crust.

The chicken might have a slight odor as a natural reaction to its vacuum packing. USDA recommends cooking chicken to 165°F.

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### 1. Prepare ingredients

Preheat oven to 450°F. Pour **yogurt** into a large bowl or resealable plastic bag. Pat **chicken** dry with paper towel, add to yogurt, and turn to coat. Set aside to marinate at room temperature. Meanwhile, roughly chop **pistachios**. Cut **lemon** into 6 wedges and set aside for serving. Rinse **carrots** and cut crosswise on a diagonal into 1/2-inch pieces. Rinse **parsley** and roughly chop leaves, discarding stems. Peel **onion** and cut into small dice.



### 4. Roast carrots

While rice cooks, on a baking sheet, toss **carrots** with **half of spice mix**, **1 1/2 tablespoons olive oil**, **1/2 teaspoon salt**, and **pepper** as desired. Arrange in a single layer and roast until tender and slightly browned, 12–15 minutes.



### 2. Toast rice

Heat **1 1/2 tablespoons olive oil** in a small pot over medium-high heat. When oil is shimmering, add **onion** and sauté, stirring, until tender, about 2 minutes. Add **rice** and cook, stirring frequently, until toasted and translucent, about 2 minutes more.



### 5. Bread chicken

While carrots roast, on a large plate, combine **flour**, **remaining spice mix**, **1/2 teaspoon salt**, and **pepper** as desired. Remove **chicken** from yogurt, wiping off as much as possible (see recipe tip). Season **chicken** all over with **3/4 teaspoon salt** and **pepper** as desired, then dredge in **spiced flour**, shaking off excess.



### 3. Cook rice

Add **cinnamon stick**, **1 1/2 cups water**, and **1/2 teaspoon salt** to pot with rice and bring to a boil over high heat. Reduce heat to medium low, cover, and simmer until water is fully evaporated, 10–12 minutes. Remove pot from heat and let stand, still covered, for 10 minutes. Then, remove and discard **cinnamon stick**, and fluff **rice** with a fork. Stir in **currants**, **pistachios**, and **half of parsley**. Cover **jeweled rice** again to keep warm.



### 6. Cook and plate chicken

Heat **3 tablespoons olive oil** in a large nonstick pan over medium heat. When oil is shimmering, add **chicken** and sear until crust is browned and chicken is no longer pink, 5–6 minutes per side. Divide **jeweled rice** among serving plates, then top with **Persian chicken**, **carrots**, and **lemon wedges** for squeezing over. Garnish with **remaining parsley** and enjoy!

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