



# MEDITERRANEAN STYLE CHICKEN

WITH GREEN BEANS AND BASMATI RICE



## 1 PREP AND COOK RICE

- Wash and dry all produce.
- Bring **1 cup water**, **stock concentrate**, and a large pinch of **salt** to a boil in a small pot.
- Zest **lime** until you have ½ tsp zest, then halve.
- Mince **garlic**.
- Drain liquid from **pimiento peppers**, then thinly slice.
- Once stock boils, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.
- Trim **green beans**.



## 2 POUND AND COOK CHICKEN

- Place **chicken** between two pieces of plastic wrap. Pound with a mallet or heavy pan until ½ inch thick.
- Season all over with **salt**, **pepper**, and **dukkah**, pressing gently to adhere.
- Heat a drizzle of **olive oil** in a large pan over medium-high heat.
- Cook chicken in pan until no longer pink in center, 3-4 minutes per side. Remove from pan and set aside.

READY IN: **30 MINS** SERVES: **2**



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## 3 COOK VEGGIES AND MAKE CREMA

- Lower heat to medium and add a drizzle of **olive oil** to pan.
- Add **green beans** and cook until just tender, 3-4 minutes.
- Add **pimiento peppers** and **garlic** to pan. Cook, tossing, until warmed and fragrant, 1-2 minutes. Season with **salt** and **pepper**.
- While veggies cook, mix **sour cream**, **zest**, and a squeeze of **lime juice** in a small bowl.
- Stir **1 TBSP water** into bowl. Season with salt and pepper.  
**TIP:** Add more water if needed to give mixture a drizzly consistency.



## 4 FLUFF RICE AND SERVE

- Fluff **rice** with a fork, then add **1 TBSP butter**, stirring to melt.
- Thinly slice **chicken**.
- Divide rice between plates, then top with **veggies** and chicken.
- Drizzle **crema** over chicken and serve.