

Street Cart Chicken and Rice Recipe

Time: 30 Min

Servings: 2-4

Ingredients

***see notes for how to make this vegan/vegetarian at the bottom of this recipe!**

2-4 Chicken Breast, pounded to 1/2" thickness

1 C Basmati Rice - good quality, rinsed until clear

2 C Chicken Broth

1 Head Romaine, washed and dried

1-2 Tomatoes, chopped

1 C Greek yogurt - whole or nonfat are fine

1/4 C water

1/2 lemon, juiced

Spices: Turmeric, Cumin, Curry, Coriander, Garlic Powder, Sumac, Ginger powder, and Cardamom

Olive Oil

Salt and Pepper to taste

Instructions

Step 1 - Preheat oven to 350F/177C - On a lined baking sheet, coat the chicken breasts that have been pounded to 1/2" thickness with about a teaspoon of olive oil. Sprinkle Iraqi chicken rub all over chicken. If you do not have the rub mixture sprinkle chicken all over with salt, pepper and these spices: Sumac, ginger powder, curry, coriander, cumin and garlic powder. When oven is ready, bake chicken for 20 min and broil 3-5 min after. Remove chicken and set aside to rest 5-10 min.

Step 2 - While chicken is baking, make the rice. In a medium sauce pan, heat about 2 tsp of olive oil on medium high. Add rinsed rice and saute until fragrant and nutty. Season to taste with salt.

Add a pinch each of turmeric, cumin, coriander and garlic powder. Cook off the spices for about 30 seconds. Add chicken broth and bring to a boil. As soon as rice comes to a boil, cover, reduce heat to low and simmer about 20 minutes until all the liquid has evaporated and rice is fluffy.

Step 3 - While chicken and rice are cooking, make the white sauce. In a small bowl, add yogurt, lemon juice and half of the water. Mix well. If the consistency is too thick, add the remainder of water and thin out until the mixture is drizzly but still thick and creamy. Add a pinch each of turmeric, cardamom, coriander, garlic powder, Sumac, salt and pepper. If you want your sauce more garlicky or lemony, add more garlic powder or sumac to taste. Mix yogurt really well, taste and adjust according to your preference. Chill in fridge and cover with plastic wrap if not using right away.

Step 4 - Bundle romaine and cut into thin shreds. Set aside. Chop tomatoes, set aside. When chicken is ready, dice into cubes. Fluff rice with a fork when done cooking. In a shallow bowl, add rice, chicken, lettuce and tomatoes in segments. Drizzle white sauce all over. Drizzle sriracha all over. Serve and enjoy!

MAKE IT VEGAN/VEGETARIAN!

- Replace chicken for cauliflower and bake at 425F for 20 min instead of 350F (skip the broiling)
- Replace white sauce base for dairy free yogurt or vegan mayo
- Replace chicken broth for veggie broth
- Follow all the same directions!