



In your box

- 2 oz. Baby Spinach
- 8 ½ oz. Cooked White Wild Rice Blend
- 2 oz. Tzatziki Dip
- 1 tsp. Portuguese Piri Piri Seasoning
- 2 oz. Sliced Red Onion

Customize It Options

- 14 oz. Diced Chicken Thighs
- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak
- 10 oz. Steak Strips
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Chicken Thigh Shawarma Wild Rice Bowl

with tzatziki sauce

NUTRITION per serving—Calories: 503, Carbohydrates: 46g, Sugar: 3g, Fiber: 2g, Protein: 45g, Sodium: 1517mg, Fat: 15g, Saturated Fat: 4g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **whole chicken breasts**, pat dry, and, on a separate cutting board, cut into 1" pieces. Follow same instructions as chicken thighs in Steps 1, 2, and 3, baking uncovered in hot oven until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **shrimp**, follow same instructions as chicken in Steps 1, 2, and 3, baking uncovered in hot oven until shrimp reach minimum internal temperature, 6-8 minutes.
- If using **steak strips** or **flank steak**, separate into a single layer and pat dry. Follow same instructions as chicken in Steps 1, 2, and 3, baking uncovered in hot oven until steak reaches minimum internal temperature, 6-8 minutes.



1. Bake the Chicken

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry. Pat **chicken thighs** dry. *Don't worry about trimming. Excess fat will render while cooking and add flavor.*
- Combine chicken thighs, **onion**, **seasoning blend**, ¼ tsp. **salt**, and 1 tsp. **olive oil** in provided tray. Spread into an even layer.
- Bake uncovered in hot oven until chicken begins to brown, 10-12 minutes.



2. Add the Rice and Spinach

- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove rice from packaging.
- Carefully remove tray from oven. Top **chicken** with rice and 2 Tbsp. **water** and stir to combine. Spread into an even layer.
- Top rice evenly with **spinach**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.



3. Bake the Dish

- Bake again uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Carefully remove tray from oven. Stir meal until combined, then top with **tzatziki sauce**. Bon appétit!