



MEAL
Gluten-free
Dairy-free

Za'atar Turmeric Chicken with Wild and Brown Rice



ENERGY AND DIGESTIVE SUPPORT



Prep time: 15 minutes



Cooking time: 30 minutes



Total: 45 minutes



Allergens: Sesame

Servings: 4

INGREDIENTS

- 8 organic chicken thighs, skin on
- 250 g wild and brown rice mixed (or just brown rice if preferred)
- 600 ml chicken stock
- 1 large yellow onion, roughly chopped
- 1 butternut squash, deseeded, sliced evenly
- 220 g green beans, tips removed
- 2 garlic cloves, peeled, finely sliced
- Shiitake mushrooms (optional)
- Extra virgin olive oil
- Sea salt, to taste
- Fresh herbs (optional)

CHICKEN SEASONING:

- 3 tbsp za'atar spice blend
- 1 tsp turmeric
- 4 grinds black pepper
- Extra virgin olive oil
- Squeeze of fresh lemon juice

Note: If not available at your nearest store, homemade za'atar seasoning can easily be made by mixing two parts sumac to one part dried thyme or oregano in a mortar. Add grilled sesame seeds (same quantity as the thyme), and a bit of salt and ground pepper.

PREPARATION

1. Preheat oven to 190 °C (400 F).
2. On a medium heat, fry onions and garlic with a drizzle of extra virgin olive oil and a pinch of sea salt for a couple minutes until golden brown.
3. Combine all of the chicken seasoning ingredients together in a bowl and then massage into the chicken. Clean surfaces and hand washing is key when handling raw chicken!
4. Place wild and brown rice in a sieve and rinse well under cold running water.
5. Spread the rinsed rice out evenly in the bottom of a 12-inch roasting pan or casserole dish, followed by the fried onions and garlic.

6. Season the green beans and squash (and mushrooms) with a drizzle of olive oil, sea salt and pepper and place them over the rice.
7. Add the seasoned chicken, skin side up, on top of the vegetables and sprinkle a little extra za'atar on top of the chicken thighs if any is remaining.
8. In a separate saucepan or pot, bring the chicken stock to a boil and then pour it around the chicken, over the vegetables and rice, covering the rice just enough for it to absorb the liquid so it can cook through.
9. Bake uncovered in the oven for 45-50 minutes until the chicken is golden brown. The rice should have fully absorbed the stock and the vegetables fully cooked. Serve hot and enjoy!

RECIPE HEALTH BENEFITS

- Good quality fibre is an essential part of your diet to support digestion. Whole grains in this recipe contain great amounts of fibre and are considered complex carbohydrates. Complex carbohydrates take longer for the body to break down, meaning they provide a slower, long-lasting release of energy. Furthermore, brown rice contains vitamins B1, B2, B3, B4, B6, manganese, iron, selenium, magnesium and phosphorus.
- Well-sourced (organic) poultry is a wonderful protein that provides energy, builds muscle, strengthens bones, and contains brain supporting nutrients. If you are on a diet aiming to lower your cholesterol and saturated fat, replace the skin on chicken thighs with skinned chicken breasts which are much leaner. Chicken is a great source of B vitamins, selenium, and tryptophan.

TIPS

- When roasting vegetables, try to slice, dice or chop them evenly so they cook at the same rate.
- Quality cookware is an important factor to consider when cooking regularly for health. If your cookware is getting old and rusted, it may be leaking toxins into your food. You may want to consider cast-iron cookware as it has no heating limit and is very durable. Another solid option is good quality stainless steel or glass.
- Before cooking rice, it's best to rinse it under cold running water to remove any dirt.
- Buying organic poultry reduces the amount of antibiotics, hormones and other chemicals that are often found in non-organic poultry and meat.
- When handling raw chicken, there is always an increased risk of salmonella. Be sure that the raw chicken does not come into contact with, and contaminate, other foods or surfaces. If you are cooking frozen chicken, it is best to defrost and thaw it in the fridge rather than on your counter at room temperature as it could defrost too quickly which can increase the risk of bacteria.

This is a perfect warming winter dish with seasonal vegetables that can be varied with whatever vegetables you have available. It's a simple recipe high in protein, powerful whole grains, nutritious vegetables, and the added healing benefits of chicken stock for more vitamins and minerals.



References:

- CNM London The Natural Chef. (2021). CT1 Cookware Materials Handout, Protein and NFC3 Food Safety. London, United Kingdom.
- Dr. Pizzorno, J, Dr. Murray, Pizzorno, L. (2006). The Encyclopaedia of Healing Foods. Time Warner Books. Great Britain. Pages 324 and 325.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 553, 554, 576-581 and 677.



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