



Chicken and Rice Bowl – Turkish Style

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 tablespoons O&V [Unflavored EVOO](#) (divided) *
- 1 cup rice
- ¼ teaspoon turmeric
- ¾ cup water
- Spring onions, thinly sliced
- 4-6 cloves garlic, minced
- 1 lb ground chicken
- ¼ cup chicken stock
- 1 tablespoon Middle Eastern Spice Mix (See chef note)
- 3 tablespoons sour cream
- 2 tablespoons O&V [Allioli Sauce](#) *
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon lemon juice
- Salt and pepper to taste
- Minced Parsley for garnish
- 1 tablespoon toasted pine nuts for garnish
- 1 tomato, deseeded and chopped or ½ cup halved cherry tomatoes
- Drizzle of O&V [Piri-Piri Sauce](#) (optional and to taste) *
- Lemon Wedges for serving

Preparation

Heat one tablespoon of oil in a small pot with a lid to make the rice. Add the turmeric and mix well over medium heat. Add the rice and stir for 1-2 minutes. Add the ¾ cup of

water along with a big pinch of salt and cracked pepper to taste. Bring to a boil, then lower the heat to simmer. Cover and cook for 15-20 minutes until rice is fully cooked.

In the meantime, in a separate skillet, heat the remaining EVOO. Add the sliced spring onions and sauté till fragrant and translucent (but not browned) – about 1-2 minutes. Add the ground chicken and minced garlic, and cook until chicken is browned, about 4-5 minutes (breaking up the pieces). Add the spice mix, ½ teaspoon salt and pepper to taste. Cook an additional minute, and add the stock. Reduce the heat and allow to simmer, stirring regularly until browned and aromatic.

In a small bowl, combine the sour cream, Allioli sauce, garlic powder, onion powder, and lemon juice. Season with salt and pepper to taste. Add water (½ teaspoon at a time) till the sauce is of drizzling consistency. Chop tomatoes and parsley. Lightly toast pine nuts in a dry pan over low heat till slightly browned.

Fluff the rice with a fork and divide between 3 or 4 bowls. Top with the ground chicken and chopped tomatoes. Drizzle generously with the prepared Allioli Sauce and garnish with minced parsley and toasted pine nuts.

Serve with a wedge of lemon and a drizzle of Piri-Piri sauce (if using). Additionally, you can serve with warm pita bread.

Serves 3-4

Active time 30 minutes Total Time: 30 minutes

Chef Note

This spice mix is a great one to have on hand. Flavorful and aromatic it can be added to meat, chicken or even rubbed on a whole cauliflower before roasting.

1 teaspoon turmeric powder
1 teaspoon cumin powder
½ teaspoon coriander powder
½ teaspoon garlic powder
½ teaspoon O&V Smoked Paprika
¼ teaspoon all-spice
¼ teaspoon cracked pepper

Combine together to make my version of a Middle Eastern Spice Mix.

You will have more than needed for this recipe, so you can use the remaining mix to make some of the other suggestions above or to make this recipe again!

Notes

* A high quality [Unflavored EVOO](#) adds a nice healthy fat to this recipe. The [Allioli sauce](#) is a fabulous garlicky emulsion that is hard to replicate. The [Piri-Piri Sauce](#) adds nice flavor and heat to the dish but may be substituted with your favorite hot sauce.

The highlighted products are all available at [Oil & Vinegar stores](#).

Categories: Entrée, Make Ahead Meal, Unflavored EVOO, Shawarma Spice, Middle Eastern Spice Mix, Turkish, Chicken & Rice, Piri Piri Sauce, Allioli Sauce, Weeknight Meal, 30 Minute Dinner, Make Ahead, Meal Prep, Easy, Healthy, Turmeric Rice,