

# 1.13FZ Yogurt-Coconut Chicken, Basmati Rice

Total Yield: 1 each

Shelf Life: \_\_\_\_\_

Allergens: tree nuts, milk

## Components

	PREPARATIONS	USAGE
Rice, Basmati (subrecipe)		1 cup
Yogurt-Coconut Chicken (Digaag Qumbe) (subrecipe)		3/4 cup

# Rice, Basmati

Total Yield: 1 cup

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

### PREPARATIONS

### USAGE

Rice, Basmati

~2 1/4 oz

Water, Tap

~1 5/8 floz

# Yogurt-Coconut Chicken (Digaag Qumbe)

Total Yield: 3/4 cup

Shelf Life: \_\_\_\_\_

Allergens: tree nuts, milk

## Components

	PREPARATIONS	USAGE
Pepper, Bell Red Fresh	Seeded; Rough Chop	~1/2 oz
Pepper, Jalapeno	Seeded; Rough Chop	~1/4 oz
Spice, Xawaash Blend (subrecipe)		3.15 g
Tomato, Paste Canned		2.363 g
Salt, Coarse Kosher		0.788 g
Yogurt, Plain Whole Milk		~5/8 oz
Onion, Red Whole Fresh	Mince	~7/8 oz
Ginger, Root Fresh	Mince	1.969 g
Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import		~1/8 oz
Garlic, Whole Clove Peeled Fresh	Mince	1.969 g
Potato, Yukon Whole Fresh	Cube; 1/4"	~7/8 oz
Carrot, Whole Fresh	1/4"; Rough Chop	~3/4 oz
Chicken, Halal Baked (subrecipe)		~2 1/4 oz
Milk, Coconut Canned		~1 1/8 oz
Herb, Cilantro Fresh	Mince	2.953 g

# Chicken, Halal Baked

Total Yield: ~1/8 lb

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

### PREPARATIONS

### USAGE

Chicken, Thigh Boneless Skinless Raw Halal

Thaw

~3 1/8 oz

# Spice, Xawaash Blend

Total Yield: ~1/8 oz

Shelf Life: \_\_\_\_\_

Allergens: \_\_\_\_\_

## Components

	PREPARATIONS	USAGE
Spice, Peppercorn Black		0.42 g
Spice, Cardamom Pods Green		0.148 each
Spice, Cinnamon Stick		0.074 g
Spice, Clove Whole		0.35 g
Spice, Cumin Whole		1.54 g
Spice, Turmeric Ground		0.35 g
Spice, Coriander Seeds		0.665 g