

Middle Eastern Sumac Chicken & Rice Pilaf

Servings: 2–3 | **Prep Time:** 8 minutes | **Cook Time:** 18 minutes | **Total Time:** 26 minutes

This Middle Eastern–inspired sumac chicken and rice pilaf is a simple, comforting meal that delivers bright, tangy flavor with minimal effort. Sumac adds a subtle lemony note to the chicken, while buttery rice pilaf keeps the dish filling and satisfying without feeling heavy.

Why You'll Love This Recipe

- Bright, fresh flavor from sumac without spicy heat
- Simple pantry ingredients available at most grocery stores
- Ready in under 30 minutes
- Balanced meal with protein and carbs
- Easy to customize with vegetables or toppings

Ingredients

For the Sumac Chicken

- ¾ lb chicken strips
- 1 tsp sumac
- ½ tsp salt
- ½ Tbsp oil

For the Rice Pilaf

- 1 cup rice (long-grain white works best)
- 2 Tbsp butter
- 1½ cups water
- Pinch of salt

Ingredient Notes & Tips

- **Sumac:** Adds lemon-like tang without acidity or heat. Start with 1 tsp.
- **Rice:** Long-grain white rice gives fluffiest pilaf; jasmine or basmati also work.
- **Chicken:** Thin strips cook quickly; thighs add extra juiciness.

Instructions

Step 1: Season and cook the chicken

Toss chicken with sumac and salt. Heat oil over medium-high heat and cook chicken 5–6 minutes until browned and cooked through. Set aside.

Step 2: Start the rice pilaf

Melt butter in a pot over medium heat. Add rice and stir 1 minute to toast lightly.

Step 3: Cook the rice

Add water and salt. Bring to a boil, reduce to low, cover, and simmer 15 minutes until water is absorbed.

Step 4: Assemble and serve

Fluff rice with a fork, top with sumac chicken, and serve warm.

Serving Suggestions

- Greek yogurt or yogurt sauce
- Cucumber tomato salad
- Hummus or garlic sauce
- Warm flatbread or pita

Variations & Add-Ins

- Add vegetables: peas, carrots, or sautéed onions
- Make it nutty: toasted almonds or pine nuts
- Swap protein: turkey strips or tofu
- Extra flavor: drizzle olive oil or squeeze lemon

Storage & Reheating

Refrigerate: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm gently in the microwave or on the stovetop with a splash of water.