

TAHINI & HONEY-GLAZED CHICKEN

with Garlic Rice & Zesty Salsa



homemade glaze that transforms any weeknight supper into a glorious production.

Tahini might just be the hardest working little seed spread we know. Tonight, it's lending its unique talents to an amazing



Make a tahini glaze









Basmati Rice

Vegetable Stock







Chicken Thigh



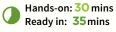




Spring Onion



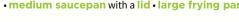
Pantry Staples: Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey







Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:
• medium saucepan with a lid • large frying pan





COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch**. In a medium saucepan, melt the **butter** with a **drizzle** of **olive oil** over a medium heat. Add the garlic and lemon zest and cook for **1-2 minutes**, or until fragrant. Crumble in the **vegetable stock** (**1 cube for 2 people** / **2 cubes for 4 people**), add the **basmati rice** and **water** (**for the rice**) and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.



MAKE THE TAHINI GLAZE While the rice is cooking, combine the soy sauce, tahini (see ingredients list), honey and water (for the glaze) in a medium bowl. Set aside. Heat a large frying pan over a medium-high heat. Add the pine nuts and toast, stirring, until golden, 3-4 minutes.

Transfer to a small bowl.



Return the frying pan to a medium heat with a drizzle of olive oil. Season the chicken thighs on both sides with a pinch of salt and pepper. Add the chicken to the pan and cook, turning occasionally, until golden and cooked through, 10-14 minutes (depending on thickness). Add the tahini glaze to the pan and turn the chicken to coat. Cook until bubbling, 1-2 minutes.



PREP THE VEG
While the chicken is cooking, finely chop the cucumber and tomato. Thinly slice the spring onion. Cut the lemon into wedges. Pick and finely chop the parsley leaves.



MAKE THE SALSA
In a medium bowl, combine the
cucumber, tomato, spring onion and
parsley. Add a squeeze of lemon, a drizzle of
olive oil and a pinch of salt and pepper. Mix
to combine.



6 SERVE UP
Divide the garlic rice between plates and top with the tahini and honey-glazed chicken.
Drizzle with the tahini glaze from the pan, scatter with pine nuts and serve with the salsa and lemon wedges.

ENJOY!

INGREDIENTS

	7	
	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
lemon	1/2	1
butter*	20g	40g
vegetable stock	1 cube	2 cubes
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
tahini	½ tub (50 g)	1 tub (100 g)
honey*	1 tbs	2 tbs
water* (for the glaze)	1 tbs	2 tbs
pine nuts	1 packet	2 packets
chicken thigh	1 packet	1 packet
cucumber	1	2
tomato	1	2
spring onion	1 bunch	1 bunch
parsley	1 bunch	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3130kJ (748Cal)	702kJ (168Cal)
Protein (g)	42.7g	9.6g
Fat, total (g)	30.2g	6.8g
- saturated (g)	13.2g	3.0g
Carbohydrate (g)	73.7g	16.5g
- sugars (g)	11.4g	2.6g
Sodium (g)	996mg	223mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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