



TAHINI & HONEY-GLAZED CHICKEN

with Garlic Rice & Zesty Salsa



Make a tahini
glaze



Garlic



Lemon



Vegetable Stock



Basmati Rice



Tahini



Pine Nuts



Chicken Thigh



Cucumber



Tomato



Spring Onion



Parsley



Hands-on: **30 mins**
Ready in: **35 mins**



Eat me early



Naturally gluten-free
Not suitable for Coeliacs

Tahini might just be the hardest working little seed spread we know. Tonight, it's lending its unique talents to an amazing homemade glaze that transforms any weeknight supper into a glorious production.

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

BEFORE YOU START

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**



1 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**.



4 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.



2 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.



5 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.



3 COOK THE CHICKEN

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**.



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!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
lemon	½	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](https://www.hellofresh.com.au/foodinfo)

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