



(02) 8188 8722 | HelloFresh.com.au

WK35
2016



Spiced Chicken with Tahini Yoghurt

This delicious chicken recipe is an ode to the middle-east; a culinary playground full of sesame, citrus and spice! Perfectly cooked chicken doused in nutty tahini and a lemony sumac dressing is the stuff your dreams are made of. Enjoy the lot with herby couscous - yum! You'll be wishing there was more!



Prep: 10 mins



Cook: 25 mins



Total: 35 mins



level 1



high
protein



eat me
early

Pantry Items



Olive Oil



Boiling
Water



Garlic



Sumac



Lemon



Chicken Breast



Greek Yoghurt



Tahini



Red Onion



Green Beans



Couscous



Mint



Long Red Chilli

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
1 clove	2 cloves	garlic, peeled & crushed
½ sachet	1 sachet	sumac
1	2	lemon, zested & juiced
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	chicken breast
1 tub	2 tubs	Greek yoghurt
1 tbs	2 tbs	tahini
1	2	red onion, sliced
100 g	200 g	green beans, trimmed
1 packet	2 packets	couscous
½ cup	1 cup	boiling water *
1 bunch	2 bunches	mint, finely chopped
1	2	long red chilli, deseeded & finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2750	Kj
Protein	49.9	g
Fat, total	23.7	g
-saturated	5.9	g
Carbohydrate	58.3	g
-sugars	8.3	g
Sodium	200	mg

2



You will need: *chef's knife, chopping board, garlic crusher, zester, medium bowl, whisk, small bowl, oven proof frying pan, wooden spoon, large bowl, aluminium foil, cling wrap and fork.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a medium bowl, whisk together the **garlic**, **sumac**, half of the **lemon juice** and half of the **olive oil** until well combined. Add the **chicken breast fillets** and turn to coat well in the marinade. Set aside for **10 minutes** to marinate.

3 Meanwhile, combine the **Greek yoghurt**, **tahini**, remaining lemon juice and a pinch of the **lemon zest** (discard the rest) in a small bowl. Season to taste with **salt** and **pepper** and set aside.

4 Heat the remaining olive oil in an ovenproof frying pan. Add the **red onion** and **green beans**. Cook, stirring, for **3 minutes** or until the onion is soft and the beans are tender. Remove from pan, set aside in a large bowl and cover with foil.

5 Heat a dash of oil in the same ovenproof frying pan over a medium high heat. Add the chicken and cook for **2 minutes** on each side and then transfer to the oven for **8-10 minutes** or until cooked through.

6 While the chicken is cooking prepare the couscous. Place the **couscous** in a medium bowl and pour over the **boiling water**. Immediately cover the bowl with cling wrap and set aside for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork. Stir through the onion and bean mixture and season to taste with salt and pepper.

7 To serve, divide the couscous and chicken between plates. Top the chicken with a good smear of the tahini yoghurt and garnish with the **mint** and **long red chilli**.

4



5



6

