



Carb Smart Tahini-Drizzled Chicken with Broccoli Spinach Salad

Carb Smart 35 Minutes



Chicken Breasts



Broccoli, florets



Soy Sauce



Tahini



Mayonnaise



Garlic, cloves



Baby Spinach



Sesame Seeds



Sunflower Seeds



Lemon

HELLO TAHINI

A popular Middle Eastern condiment made from ground sesame!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, plastic wrap, rolling pin, large bowl, small bowl, whisk, large non-stick pan, paper towels, zester

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Broccoli, florets	227 g	454 g
Soy Sauce	1 ½ tsp	3 tsp
Tahini	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic, cloves	2	4
Baby Spinach	113 g	227 g
Sesame Seeds	1 tbsp	1 tbsp
Sunflower Seeds	28 g	28 g
Lemon	1	1
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Finely chop **broccoli**. (**TIP:** If you have a food processor, pulse florets 3-4 times until finely chopped). Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **chicken** all over with **sesame seeds**. Cover **chicken** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. (**NOTE:** This will help sesame seeds adhere to chicken.)



Cook broccoli

While **chicken** bakes, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**. Cook, stirring often, until **broccoli** is tender-crisp, 3-4 min. Add **garlic** and **¼ tsp lemon zest**. Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 1-2 min.



Toast sunflower seeds

Heat a large non-stick pan over medium heat. When hot, add **sunflower seeds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **sunflower seeds** to a plate.



Mix tahini dressing

Whisk together **mayo**, **half the tahini** (use all for 4 ppl), **soy sauce**, **2 tsp lemon juice**, **¼ tsp sugar** and **1 tbsp warm water** (dbl all for 4 ppl) in a small bowl.



Cook chicken

Heat the same pan over medium. When hot, add **½ tsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 6-8 min.**



Finish and serve

Slice **chicken**. Whisk together **½ tsp lemon juice** and **2 tsp oil** (dbl both for 4 ppl) in a large bowl. Add **broccoli** and **spinach**, then toss to combine. Divide **salad** between plates. Top with **chicken**. Drizzle **tahini dressing** over everything. Sprinkle **sunflower seeds** over top.

Dinner Solved!