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## Spiced Chicken with Tahini Yoghurt & Couscous Salad

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 - yum!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



eat me  
early



low  
sodium

### Pantry Items



Olive Oil



Boiling  
Water



Garlic



Sumac



Lemon



Free Range  
Chicken Breast



Greek Yoghurt



Tahini



Red Onion



Green Beans



Couscous



Mint Leaves



Long Red Chilli

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2P	4P	Ingredients	
1 clove	2 cloves	garlic, peeled & crushed	⊕
½ sachet	1 sachet	sumac ( <b>recommended amount</b> )	
1	2	lemon, zested & juiced	
1 tbs	2 tbs	olive oil *	
2 fillets	4 fillets	free range chicken breast	
1 tub	2 tubs	Greek yoghurt	
1 tbs	2 tbs	tahini	
½	1	red onion, sliced	
1 packet	2 packets	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	2640	Kj
Protein	49.2	g
Fat, total	23.6	g
-saturated	5.9	g
Carbohydrate	52.2	g
-sugars	10.5	g
Sodium	205	mg



**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**.

