



# Tahini Drizzled Chicken

with Broccoli Rice

Carb Smart

35 Minutes



Chicken Breasts



Broccoli, florets



Soy Sauce



Tahini



Mayonnaise



Garlic



Kale, chopped



Sesame Seeds



Sunflower Seeds

HELLO TAHINI

*A paste made from ground sesame seeds*

## 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, box grater, large bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Broccoli, florets	227 g	454 g
Soy Sauce	1 tbsp	2 tbsp
Tahini	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic	6 g	12 g
Kale, chopped	56 g	113 g
Sesame Seeds	1 tbsp	2 tbsp
Sunflower Seeds	28 g	56 g
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 our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Grate the **broccoli florets**. Peel, then mince the **garlic**. Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **chicken** all over with the **sesame seeds**. Cover **each breast** with plastic wrap. Using a mallet, rolling pin, or heavy-bottomed pan, pound **each breast** until ½-inch thick. (**NOTE:** This will help the sesame seeds adhere to the chicken.)



## Cook broccoli rice

While **chicken** cooks, heat the same pan over medium. When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then the **kale** and **grated broccoli**. Cook, stirring often until, the **kale** has wilted slightly, 3-4 min. Add the **garlic** and 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 the **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 to a plate.



## Mix dressing

Whisk together, **mayo**, **tahini**, **soy sauce** and **1 tbsp warm water** (dbl for 4 ppl) in a large bowl.



## Cook chicken

Heat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 8-10 min.\*\*



## Finish and serve

Slice the **chicken**. Divide the **broccoli rice** between bowls. Top with the **chicken**. Drizzle with the **dressing**. Sprinkle the **sunflower seeds** over top.

## Dinner Solved!