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hello@hellofresh.com.au | (02) 8188 8722

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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 (recommended amount)	
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**.