



Glazed Tahini & Honey Chicken

with Garlic Rice & Pine Nuts

Grab your Meal Kit with this symbol



Garlic



Vegetable Stock



Basmati Rice



Tahini



Pine Nuts



Chicken Thigh



Baby Spinach Leaves



Tomato



Spring Onion



Parsley



Lemon

Hands-on: **30 mins**
 Ready in: **40 mins**

Eat me early

Tahini might just be the hardest working little seed spread we know. Tonight, it's lending its unique talents to an amazing homemade glaze that transforms any weeknight supper into a glorious production.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
vegetable stock	1 sachet
basmati rice	2 packets
water* (for the rice)	3 cups
soy sauce*	2 tbs
honey*	2 tbs
water* (for the sauce)	2 tbs
tahini	½ packet (50g)
pine nuts	2 packets
chicken thigh	1 packet
baby spinach leaves	1 bag (60g)
tomato	2
spring onion	1 bunch
parsley	1 bunch
lemon	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2820kJ (674Cal)	709kJ (169Cal)
Protein (g)	38.5g	9.7g
Fat, total (g)	23.5g	5.9g
- saturated (g)	10.0g	2.5g
Carbohydrate (g)	74.4g	18.7g
- sugars (g)	11.5g	2.9g
Sodium (g)	1080mg	271mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **vegetable stock**, **basmati rice** and **water (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Prep the salad

While the chicken is cooking, roughly chop the **baby spinach leaves** and **tomato**. Thinly slice the **spring onion**. Pick and finely chop the **parsley** leaves. Slice the **lemon** into wedges.



2. Toast the pine nuts

While the rice is cooking, combine the **soy sauce**, **honey**, **water (for the sauce)** and **1/2 packet** of **tahini** in a medium bowl. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



5. Make the salad

In a medium bowl, combine the **baby spinach**, **tomato**, **spring onion** and **parsley**. Add a squeeze of **lemon juice**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Toss to combine.

TIP: Set aside some undressed salad for the kids if you like!



3. Cook the chicken

Return the frying pan to a medium heat with a **drizzle** of **olive oil**. Season the **chicken thigh** on both sides with a **pinch** of **salt** and **pepper**. Add the **chicken** to the pan and cook, turning occasionally, until golden and cooked through, **10-14 minutes**. Add the **tahini glaze** to the pan and turn the **chicken** to coat. Cook until bubbling, **1-2 minutes**.

TIP: The chicken is cooked when it is no longer pink inside.



6. Serve up

Divide the garlic rice between plates and top with the glazed tahini and honey chicken. Drizzle over any remaining tahini glaze in the pan. Scatter over the toasted pine nuts. Serve with the salad and remaining lemon wedges.

Enjoy!