



Tahini & Honey-Glazed Chicken

with Zesty Garlic Rice & Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Lemon



Basmati Rice



Vegetable Stock



Tahini



Pine Nuts



Chicken Thigh



Cucumber



Baby Spinach Leaves



Spring Onion



Parsley

Hands-on: **20-30 mins**
Ready in: **30-40 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.

Unfortunately, this week's tomato was in short supply, so we've replaced it with baby spinach leaves. Don't worry, the recipe will be just as delicious!

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

| | 2 People | 4 People |
|---------------------------|-------------------|--------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| lemon | ½ | 1 |
| butter* | 20g | 40g |
| basmati rice | 1 packet | 2 packets |
| water* (for the rice) | 1½ cups | 3 cups |
| vegetable stock | 1 sachet | 1 sachet |
| soy sauce* | 4 tsp | 2½ tbs |
| tahini | ½ packet (50g) | 1 packet (100g) |
| honey* | 4 tsp | 2½ tbs |
| water* (for the sauce) | 4 tsp | 2½ tbs |
| pine nuts | 1 packet | 2 packets |
| chicken thigh | 1 packet | 1 packet |
| cucumber | 1 (medium) | 1 (large) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| spring onion | 1 bunch | 1 bunch |
| parsley | 1 bunch | 1 bunch |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2930kJ (700Cal) | 703kJ (168Cal) |
| Protein (g) | 39.6g | 9.5g |
| Fat, total (g) | 25.7g | 6.2g |
| - saturated (g) | 11.7g | 2.8g |
| Carbohydrate (g) | 74.6g | 17.9g |
| - sugars (g) | 11.3g | 2.7g |
| Sodium (mg) | 1160mg | 278mg |

Allergens

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

Visit 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). Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. In a medium saucepan, melt the **butter** with a **drizzle** of **olive oil** over a medium heat. Add the **garlic** and **lemon zest** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** (for the rice) and **vegetable stock**, 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 salsa

While the chicken is cooking, finely chop the **cucumber**. Roughly chop the **baby spinach leaves**. Thinly slice the **spring onion**. Pick and finely chop the **parsley** leaves.



2. Toast the pine nuts

While the rice is cooking, combine the **soy sauce**, **tahini** (see ingredients list), **honey** and **water** (for the sauce) in a medium bowl. Set aside. 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 salsa

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



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** (depending on the size). Add the **tahini glaze** to the pan and turn the **chicken** to coat. Cook until bubbling, **1-2 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



6. Serve up

Divide the zesty garlic rice between plates and top with the tahini and honey-glazed chicken. Drizzle with any excess tahini glaze from the pan. Scatter over the toasted pine nuts and serve with the cucumber salsa and any remaining lemon wedges.

Enjoy!