

MARLEY SPOON



Zaatar Chicken and Veggies

with Quinoa and Tahini Dressing



20-30min



4 Portions

Head to the Middle East with this wonderfully fragrant meal. Simply pan-fry chicken, then coat in a tempting blend of lemon juice, honey and zaatar. The spice blend is also swirled through tahini for a naturally creamy sauce that brings this seriously satisfying dinner, served with wholesome quinoa together.

What we send

- quinoa
- free-range chicken thigh fillets
- broccolini
- carrot
- lemon
- garlic
- tahini paste ¹¹
- zaatar spice blend ¹¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- large frypan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 715kcal, Fat 38.1g, Carbs 42.9g, Proteins 42.3g



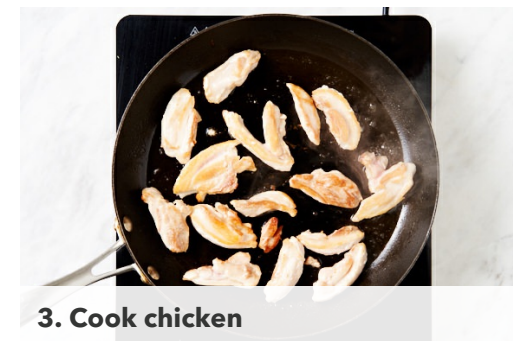
1. Cook quinoa

Read through the recipe. Bring a medium saucepan of water to the boil for the quinoa. Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan, return to the boil and cook for 12 mins or until tender. Drain.



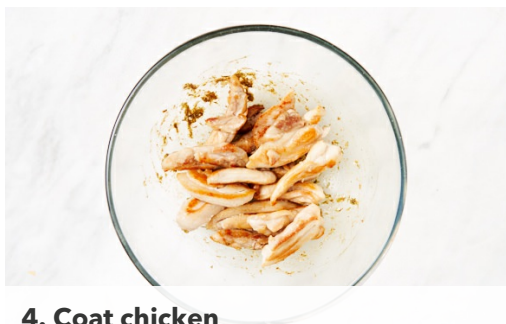
2. Prepare vegetables

Meanwhile, peel the **carrots**, quarter lengthwise, then halve widthwise. Trim the **broccolini**, then halve lengthwise if the stems are thick. Thinly slice the **garlic**. Juice the **lemon**. Cut the **chicken** into 1cm-thick strips.



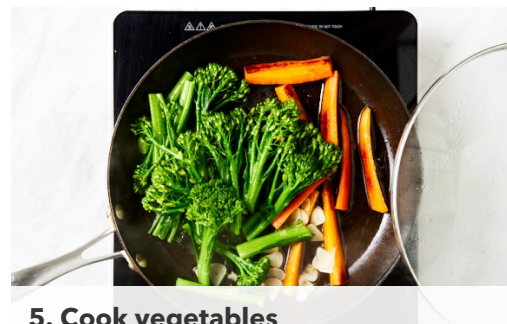
3. Cook chicken

Heat **2 tbs olive oil** in a large frypan over medium-high heat. Cook the **chicken**, turning regularly, for 5 mins or until golden and cooked through.



4. Coat chicken

Meanwhile, combine **2 tsp zaatar**, **½ tsp lemon juice** and **½ tsp honey** in a large bowl. Add the **chicken**, season with **salt and pepper** and toss well to combine. Cover to keep warm.



5. Cook vegetables

Return the reserved pan to medium heat, add the **carrot** and **125ml (½ cup) water** and cook, covered, for 5 mins or until almost tender. Add the **garlic** and **broccolini** and cook, covered, for 3-4 mins until the vegetables are tender. Season with **salt and pepper**.



6. Make tahini dressing

Meanwhile, combine the **tahini**, **2 tbs lemon juice**, **½ tsp zaatar****, **125ml (½ cup) water**, **½ tsp honey** and **a large pinch of salt** in a bowl. Divide the **quinoa**, **chicken** and **vegetables** among bowls. Drizzle over the **tahini dressing** to serve.