



FAST

Spiced Chicken and Rice

with Tahini Yoghurt Dressing



20-30min



4 Portions

Here's a common flavour combo found through the Middle East; rice, spice, chicken and creamy garlic-tahini dressing, with crisp, fresh salad. We've simplified things by roasting chicken thigh fillets in the oven whereas in countries like Egypt and Lebanon, it'd most likely be grilled, whole, over fire. Trim the fat from the thighs by all means, or leave it on to keep the chicken juicy.

What we send

- 11
- 11
- 7
- 1,17
- 300g basmati rice

What you'll require

- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper
- water
- white vinegar

Utensils

- baking paper
- medium saucepan
- oven tray
- sieve

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

Cooking tip

Garlic used raw needs to be finely minced; a little salt on the chopping board helps. Use all the garlic if you like the flavour.

Allergens

Gluten (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

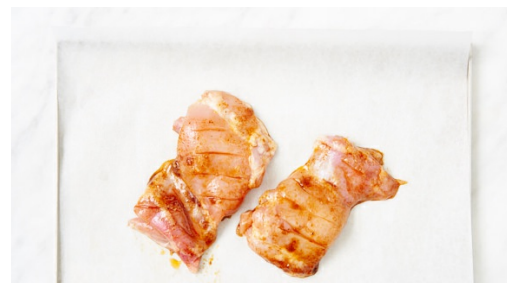
Nutrition per serving

Energy 705kcal, Fat 25.3g, Carbs 74.1g, Proteins 40.7g



1. Marinate chicken

Heat the oven to 200C. Bring **1.5L (6 cups) water** to the boil in a large saucepan for the rice. Score the **chicken thighs** 4 times widthwise with a sharp knife. Combine **2 tsp ras el hanout, 1 tbs olive oil** and **2 tsp honey** in a large bowl. Season with **salt and pepper**. Add the chicken and toss to coat.



2. Roast chicken

Line an oven tray with baking paper. Put the **spiced chicken** on the lined tray and roast for 15-20 mins until golden and cooked through. Remove from the oven and rest for 5 mins.



3. Cook rice

Meanwhile, cook the **rice** in the pan of boiling water for 18-20 mins or until tender. Drain, set aside and keep warm.



4. Prepare salad

While the rice is cooking, tear the **lettuces** into small pieces. Thinly slice the **onion**. Finely chop the **capsicums**, discarding the seeds and membrane. Finely chop the **tomatoes**. Combine the lettuce, onion, capsicum and tomato in a large bowl. Season with a little **salt and pepper** and toss to combine.



5. Make tahini dressing

Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Combine the garlic, **yoghurt, 1 tbs tahini** (the remaining tahini won't be used in this dish), **1 tsp honey, 2 tsp white vinegar** and **1 tbs extra virgin olive oil** in a bowl. Season with **salt and pepper**.



6. Get ready to serve

Thinly slice the **chicken**. Divide the **rice, salad** and **chicken** among plates. Pour any **resting juices** over the chicken. Drizzle over the **tahini dressing** and scatter with the **sesame seeds** to serve.