



Carb Smart Tahini Drizzled Chicken

with Broccoli Spinach Salad

Carb Smart

35 Minutes



Chicken Breasts



Broccoli, florets



Soy Sauce



Tahini



Mayonnaise



Garlic



Baby Spinach



Sesame Seeds



Sunflower Seeds



White Wine Vinegar

HELLO TAHINI

A paste made from ground sesame seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, plastic wrap, rolling pin, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Broccoli, florets	227 g	454 g
Soy Sauce	1½ tsp	3 tsp
Tahini	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic	6 g	12 g
Baby Spinach	113 g	227 g
Sesame Seeds	1 tbsp	1 tbsp
Sunflower Seeds	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Finely chop **broccoli florets**. (**TIP:** If you have a food processor, pulse florets 3-4 times until finely chopped). Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **chicken** all over with **sesame seeds**. Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. (**NOTE:** This will help the sesame seeds adhere to the chicken.)



Cook broccoli

While **chicken** bakes, heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**. Cook, stirring often until, **broccoli** is tender-crisp, 3-4 min. Add **garlic** and season with **salt** and **pepper**. Cook, stirring often, until fragrant, 1-2 min.



Toast sunflower seeds

Heat a large non-stick pan over medium heat. When hot, add **sunflower seeds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Mix tahini dressing

Whisk together **mayo**, **tahini**, **soy sauce**, **¼ tsp sugar** and **1 tbsp warm water** (dbl both for 4 ppl) in a small bowl.



Cook chicken

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step!) Transfer **chicken** to a baking sheet. Bake in the **middle** of the oven until cooked through, 6-8 min.**



Finish and serve

Slice **chicken**. Whisk together **vinegar** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **broccoli** and **spinach**, then toss to coat. Divide **salad** between plates. Top with **chicken**. Drizzle **some tahini dressing** over **chicken**. Sprinkle **sunflower seeds** over top. Serve **remaining tahini dressing** on the side for dipping.

Dinner Solved!