



## Sumac Chicken Thighs

with Quinoa Tabbouleh & Creamy Tahini Sauce



20-30min



2 Servings

Ground sumac is a vibrant red spice with a lemony flavor. We use this Middle Eastern seasoning to flavor broiled chicken thighs, served with protein-packed quinoa tabbouleh, a refreshing grain salad loaded with crisp cucumbers and juicy tomatoes. A drizzle of creamy tahini sauce and a squeeze of lemon juice tie the whole plate together.



## What we send

- 1 plum tomato
- 1 cucumber
- ¼ oz fresh parsley
- 1 lemon
- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz sumac
- 1 oz tahini <sup>11</sup>
- garlic
- 10 oz ready to heat quinoa-kale blend

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar) <sup>17</sup>

## Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

## Allergens

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 46g, Carbs 40g, Protein 46g



### 1. Heat quinoa-kale blend

Preheat broiler with a rack in the top position. Transfer quinoa-kale blend to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat 1 teaspoon oil in a small pot over medium; add quinoa-kale blend and 1 tablespoon water to pot. Cook, stirring occasionally, until warm, 3-5 minutes.)



### 4. Make tahini sauce

While **chicken** broils, finely grate **½ teaspoon garlic** into bowl with **lemon juice**. Stir in **all of the tahini** and **1 tablespoon oil** (mixture will be very thick). Gradually add **2 tablespoons water**, stirring to incorporate, until sauce is creamy. Season to taste with **salt** and **pepper**.



### 2. Prep ingredients

Core **tomato**, then cut into ½-inch pieces. Trim ends from **cucumber**, then cut into ½-inch pieces (peel first, if desired). Coarsely chop **parsley leaves and tender stems**. Finely grate **all of the lemon zest**, then separately squeeze **1 teaspoon juice** into a small bowl. Cut any remaining lemon into wedges.



### 5. Assemble tabbouleh

In a medium bowl, whisk to combine **2 tablespoons oil** and **1 tablespoon vinegar**; season to taste with **salt** and **pepper**. Add **cooked quinoa**, **cucumbers**, **tomatoes**, **lemon zest**, and **chopped parsley** to bowl; stir to combine. Season to taste with **salt** and **pepper**.



### 3. Broil chicken

Pat **chicken** dry and place on a rimmed baking sheet; rub with **1 teaspoon oil**, then season all over with **salt**, **pepper**, and **1 teaspoon sumac**. Broil chicken on top oven rack until browned, about 8 minutes. Flip chicken, then continue broiling until chicken is cooked to 165°F internally, 3-5 minutes more (watch closely as broilers vary).



### 6. Serve

Serve **sumac chicken thighs** with **quinoa tabbouleh** alongside. Drizzle **tahini sauce** over top, then sprinkle with **some of the remaining sumac**. Squeeze **lemon** over top, if desired. Enjoy!