



Sumac Chicken Breast

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 breast, 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

- 3 oz white quinoa
- 2 plum tomatoes
- 1 cucumber
- ¼ oz fresh parsley
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz sumac
- garlic
- 1 oz tahini ¹

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

Sesame (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 34g, Carbs 37g, Protein 49g



1. Cook quinoa

Preheat broiler with a rack in the top position. In a small saucepan, combine **quinoa**, **¾ cup water**, and **a pinch of salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered until step 5.



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