



Mediterranean 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

- 3 oz white quinoa
- 2 plum tomatoes
- 1 cucumber
- ½ oz fresh parsley
- 1 lemon
- 1 lb pkg boneless, skinless chicken thighs
- sumac (use 1 tsp)
- garlic (use 1 large clove)
- 1 oz tahini ¹¹

What you need

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

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 740kcal, Fat 41g, Carbs 39g, Protein 56g



1. Cook quinoa

Preheat broiler with top rack 6 inches from heat source. Place **quinoa** in a small saucepan along with **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, peel and finely chop **½ teaspoon garlic**. To the small bowl with **lemon juice**, stir in **tahini**, chopped garlic, 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. Coarsely chop **parsley leaves and stems** together. Finely zest **lemon**, then squeeze **1 teaspoon juice** into a small bowl, keeping them separate. Cut any remaining lemon into wedges.



5. Assemble tabbouleh

In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Add **cooked quinoa**, **cucumbers**, **tomatoes**, **lemon zest**, and **chopped parsley**. Stir to combine, and 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** and season with salt, pepper, and **1 teaspoon of the sumac**. Spread in an even layer, then broil chicken on the top oven rack until browned, about 8 minutes. Flip chicken, then continue broiling until chicken is browned and cooked through, 3-5 minutes more (watch closely, as broilers vary).



6. Serve

Serve **chicken thighs** with **quinoa tabbouleh** alongside. Drizzle **tahini sauce** over top. Sprinkle with **some of the remaining sumac**, and squeeze **lemon** on top, if desired. Enjoy!