




Product Spotlight: Tahini


Tahini is a paste made from ground sesame seeds. It is a good source of protein, essential fatty acids and is high in calcium.



2 Raw Pad Thai with Cumin Chicken Breast

This dish is a crisp, nutrient rich take on the classic Thai noodle dish, full of fresh vegetables, a creamy tahini dressing and slices of chicken breast fillet.

 20 minutes

 2 servings

 Chicken

31 December 2021

Left over!

If you don't know what to do with your left-over tahini, here are some of our favourite ways to use it; swirled through chocolate brownie, mixed in shortbread biscuits, blended into hummus or on toast with fresh banana and honey.

Per serve: **PROTEIN** 46g **TOTAL FAT** 51g **CARBOHYDRATES** 23g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
TAHINI	1 jar
SEED+NUT MIX	1 packet (35g)
GREEN CAPSICUM	1
MINT	1 bunch
CARROT	1
COLESLAW	1 bag (use to taste)

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, maple syrup, ground cumin

KEY UTENSILS

2 frypans

NOTES

The seed and nut mix is made up of cashews, pepitas and sesame seeds.

You can switch up this dish by stir-frying the vegetables and tossing with cooked noodles. You can even add a stir-fried egg for a more traditional pad Thai.

This dish is a great vessel for fresh herbs. If you have any coriander, basil or Thai basil, slice it and toss with the fresh vegetables.



1. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil, 2 tsp cumin, salt and pepper**. Cook chicken in pan for 8-10 minutes each side or until cooked through.



2. MAKE THE SAUCE

In a bowl whisk together 1/3 cup tahini, **3 tbsp vinegar, 1/2 tbsp oil, 1/2 tbsp maple syrup, 3 tbsp water, salt and pepper** until well combined.



3. TOAST THE SEEDS

Heat a small frypan over medium heat. Roughly chop any large cashews from seed and nut mix. Add all to frypan and toast for 4-5 minutes until lightly golden.



4. PREPARE VEGETABLES

Thinly slice capsicum and mint leaves. Julienne or ribbon carrot. Toss together with coleslaw (see notes).



5. FINISH AND SERVE

Slice chicken. Divide vegetables among shallow bowls. Drizzle over sauce. Top with chicken and seeds and serve with any remaining sauce.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

