



# Roast chicken with a green tahini sauce

**50 minutes**

Hands on

**6-8**

Portion(s)

**2**

Difficulty



## Method

### For the tahini sauce:

- Beat the garlic, parsley, tahini, lemon juice and water in a food processor, until the mixture becomes smooth and the texture like a thinner mayonnaise. Season with salt and pepper. Since each bunch of parsley varies in quantity, you may need to add a little more water if the sauce is too thick or a little more parsley if it turns out too thin. Create the sauce according to your preferences.

### For the chicken:

- Preheat oven to 190\* C (374\* F) Fan.
- Wearing [disposable gloves](#), cut the chicken into 8 portions on a [cutting board](#).
- Beat the garlic, lemon, sumac, allspice, cinnamon, chicken stock and a generous amount of olive oil in a food processor. Beat until all of the ingredients come together to form a paste.
- Transfer marinade to a bowl. Finely chop the onions and add to the marinade.
- Add the pieces of chicken and toss to coat.
- Season with salt and pepper. Mix and refrigerate for 2-3 hours.
- When ready, place the chicken into a small [baking pan](#) large enough to hold the chicken in a single layer. Pour the remaining marinade over them.
- Cut 8 slices of lemon. Place a slice of lemon over each piece of chicken.
- An easy way to make the herb mixture called za'atar, is to combine 2 tablespoons of sesame seeds, 1 tablespoon dried oregano and 1 tablespoon dried thyme in a bowl.
- Spread the za'atar over the chicken and roast for 35-40 minutes.
- Melt the butter in a small pan over medium heat. Add the pine nuts and sauté until golden brown. Be careful not to burn them.
- Serve the chicken with roasted onions and lemons. Spread the sauce over them and sprinkle with pine nuts.

## Tip

Za'atar is a Middle Eastern spice mixture. A condiment made from dried herbs, sesame seeds, sumac and other spices. Each region has its own variation for the mixture of herbs. The recipe I'm sharing with you here is a simple and basic one..

## Ingredients

### For the tahini sauce

- 1/2 clove(s) of garlic
- 1/2 bunch parsley
- 100 g tahini
- lemon juice, of 1 lemon
- salt
- 150 ml water

### For the chicken

- 1.600 g chicken, cut into portions
- 2 onions, medium, thinly sliced
- 2 clove(s) of garlic, powder
- 1 lemon, thinly sliced, seeds removed
- 2 teaspoon(s) sumac
- 1 1/2 allspice
- 1 1/2 teaspoon(s) cinnamon, powder
- 1 chicken bouillon cube
- 60 ml olive oil, +extra for drizzling
- 1 teaspoon(s) thyme
- 1 teaspoon(s) oregano
- 1 teaspoon(s) sesame seeds
- 2 tablespoon(s) butter, unsalted
- 50 g pine nuts

## Διατροφικός πίνακας

### Nutrition information per portion

|                           |                       |                             |                           |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 448<br>Calories<br>(kcal) | 25.0<br>Total Fat (g) | 5.1<br>Saturated<br>Fat (g) | 4.9<br>Total Carbs<br>(g) |
| 22%                       | 36%                   | 26%                         | 2%                        |
| 3.4<br>Sugars (g)         | 49.0<br>Protein (g)   | 3.0<br>Fibre (g)            | 2.6<br>Sodium (g)         |
| 4%                        | 98%                   | 12%                         | 43%                       |