

MARLEY SPOON



Tangy Tomato Chicken

with Lemon Risoni Salad



30-40min



2 Portions

Our special sauce concoction of maple, tomato paste, Worcestershire and paprika adds a real deep-south American kick to the moist chicken, while the rice-shaped pasta laced with lemon is a flavoursome base to this delectable dish.

What we send

- garlic, parsley
- lemon
- tangy tomato mix ⁴
- red onion
- risoni pasta ¹
- free-range chicken tenderloins

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- Colander
- foil
- grater
- medium frypan
- medium saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 740.0kcal, Fat 18.1g, Proteins 49.4g, Carbs 89.5g



1. Prepare sauce

Preheat oven to 200C. Line an oven tray with foil. Combine the the **tangy tomato bend** with 1 tbs **oil** and some **salt and pepper** in a large bowl.



2. Prepare chicken

Bring a medium saucepan of salted water to the boil. Add the **chicken** to the **sauce mixture** and toss to coat. Arrange on the prepared tray. Bake for 8 mins or until the chicken is golden and cooked through.



3. Cook risoni

Meanwhile, cook the **risoni** in the pan of boiling water for 8 mins or until al dente. Drain.



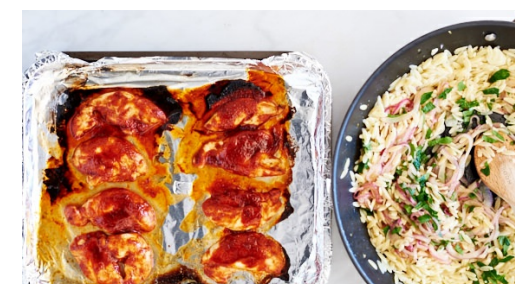
4. Prepare salad

Meanwhile, thinly slice the **onion** and **garlic**. Zest and juice the **lemon**. Heat 2 tbs **oil** in a medium frypan over medium heat. Cook the onion, garlic and **lemon zest** for 5 mins or until softened.



5. Finish salad

Add the **risoni** and 2 tbs **lemon juice** and stir well over low heat for 1 min to combine and reheat. Season well with **salt and pepper**.



6. Get ready to serve

Switch oven to grill and cook the **chicken** under the grill for a further 2-4 mins until golden and slightly charred. Pick the **parsley** leaves (discard stems) and coarsely chop. Stir $\frac{2}{3}$ of the parsley through the **pasta**. Divide between plates and serve topped with the chicken. Sprinkle with remaining parsley.