

MARLEY SPOON



Chicken Salad

with Spicy Pickled Peach and Rocket

 20min  2 Portions

Fresh peaches scream Summer, but when you place them briefly in some pickling liquid, you'll be screaming "WOW"! The pickled peaches go wonderfully well with the pan-fried chicken and rocket, and if you're not too concerned with having a low-carb meal, then serve this sensational salad with some good-quality crusty bread.

What we send

- asparagus
- pepitas
- coriander, 1 banana shallot
- baby rocket
- free-range chicken breast fillet
- lime
- jalapeno chilli
- yellow peach

What you'll require

- olive oil
- salt and pepper
- white vinegar

Utensils

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

Cooking tip

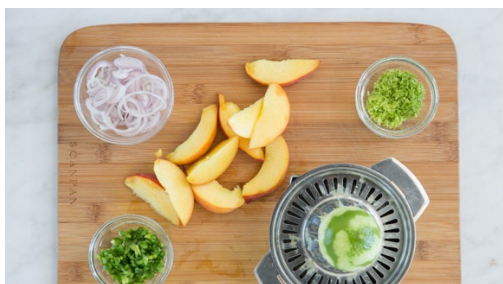
This pickling liquid can be used more than once. Store in a jar in the fridge and use to pickle carrots, zucchini or other stone fruit.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 360.0kcal, Fat 14.5g, Proteins 42.0g, Carbs 10.5g



1. Prepare pickles

Halve the **peach**, remove stone and cut into thin wedges. Thinly slice the **shallot**. Slice the **jalapeño** (deseed for less heat if you prefer). Zest and juice the **lime** into a medium bowl.



4. Cook chicken

Heat 1 tbs **oil** in the same frypan over medium-high heat. Working in batches (if necessary), cook the **chicken** for 3-4 mins each side until browned and cooked through. Set aside to rest for 2-3 mins. Cook **asparagus** in the same pan over medium-high heat (adding extra oil if necessary), for 2-3 mins until tender.



2. Pickle peach

Add the **peach, shallot, jalapeño**, ¼ cup **white vinegar** and 2 tbs **water** to the **lime juice and zest**. Season with **salt and pepper** and gently toss to combine, ensuring peach slices are submerged in the pickling liquid as much as possible. Set aside for 10 mins, tossing occasionally, until the shallot is soft.



5. Dress rocket

Wash and dry the **rocket**. Drizzle with about 2 tbs of **pickling liquid** from the peaches. Tear the **chicken** into pieces.



3. Prepare chicken

Meanwhile, heat a large dry frypan over medium heat and toast **pepitas** for 2 mins until lightly golden. Set aside. Remove woody ends from **asparagus** and cut into thirds. Cut horizontally through each **chicken breast fillet** to make thinner steaks. Season with **salt and pepper**.



6. Get ready to serve

Pick the **coriander** leaves (discard stems). Divide the **rocket** and **chicken** between plates and drizzle with a little **olive oil**. Top with **asparagus, drained peach salad** and garnish with **pepitas** and coriander leaves.