



MARLEY SPOON



**GUEST
CAFE**

Grilled Chicken Salad with Broccoli, Grains, Mango and A...

 20-30min  2 Portions

Former Regional Executive Chef of Jamie's Italian, Gareth Howard, joins us again this week with a refreshing chicken salad that will knock your socks off. Currently Head Chef at Acre Eatery, Gareth uses in-season mango to add freshness and a tropical twist to this salad, and also uses a brown basmati and quinoa blend which means it's great for you, too!

What we send

- mint
- mango
- cooked brown basmati and quinoa blend
- carrot
- free-range chicken breast fillet
- slivered almonds ¹⁵
- broccoli
- lemon

What you'll require

- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- chargrill or frypan
- foil
- grater
- oven tray

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

Allergens

Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 585.0kcal, Fat 22.0g, Proteins 44.8g, Carbs 44.2g



1. Roast broccoli

Preheat the oven to 200C. Zest and juice the **lemon**. Cut the **broccoli** into small florets. Place on an oven tray lined with baking paper. Drizzle with 2 tsp **oil** and season with **sea salt**. Roast for 15-18 mins until scorched. Remove from the oven and squeeze over a little **lemon juice**.



4. Prepare ingredients

Coarsely grate the **carrot**. Pick the **mint** leaves, reserving a few small leaves whole for garnish. Discard the stems and finely shred the leaves. Cut one cheek from the **mango** and remove the skin and dice the flesh (reserve the other half for another use).



2. Roast almonds

Place the **almonds** on a lined oven tray and roast for 3-4 mins until golden. Heat a chargrill pan over high heat. Season the **chicken** with **sea salt and pepper** and 1 tsp **oil**.



5. Assemble rice

Meanwhile, heat the **brown basmati and quinoa blend** according to packet instructions. Combine in a large bowl with the **almonds, grated carrot, shredded mint, mango, 1 tbs oil** and 1 tbs **lemon juice**. Season to taste with **sea salt and pepper**.



3. Chargrill chicken

Chargrill the **chicken** for 4 mins each side or until golden. Wrap each fillet loosely in foil, transfer to an oven tray and roast for a further 8-10 mins until cooked through.



6. Slice chicken

Slice the **chicken**. Add the **scorched broccoli** to the **salad** and toss for a good amount of time to release all the flavours. Arrange chicken on top and garnish with a little more **olive oil, reserved mint leaves** and **lemon zest**.