

MARLEY SPOON



Poached Chicken

with Pea and Mint Pesto



20-30min



2 Portions

As they say 'waste not, want not' and instead of discarding the chicken poaching liquid, we turn it into a light and delicate broth to serve with this flavoursome pasta. In addition, we whip up a fast and fabulous mint and pea pesto that goes perfectly with the chicken and pasta.

What we send

- spaghetti¹
- mint and 1 garlic clove
- free-range chicken breast fillets
- lemon
- chicken stock powder
- snow peas
- slivered almonds¹⁵
- green peas

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- Kettle
- large saucepan
- medium saucepan
- sieve
- small frypan
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 805.0kcal, Fat 16.4g, Proteins 59.6g, Carbs 95.7g



1. Prepare ingredients

Bring a kettle to the boil. Place half the **peas** in a heatproof bowl, cover with boiling water and stand for 2 mins. Reserve 2 tbs water, then drain. Refill the kettle and boil. Crush or finely chop the **garlic**. Pick **mint** leaves, discard stems. Toast **almonds** in a small frypan for 3-4 mins over medium heat, stirring until golden. Trim **snow peas** and cut in half.



4. Cook vegetables

Discard **lemon slices**, then simmer the poaching liquid for 5 mins or until slightly reduced. Add the **snow peas** and remaining **peas** and simmer for 1-2 mins until al dente.



2. Make pesto

Bring a large saucepan of salted water to the boil for the pasta. Place the **blanched peas, garlic, mint, almonds** and some **sea salt and pepper** in a food processor and add the **reserved cooking liquid** and 1 tbs **oil**. Blend until fairly smooth and set aside.



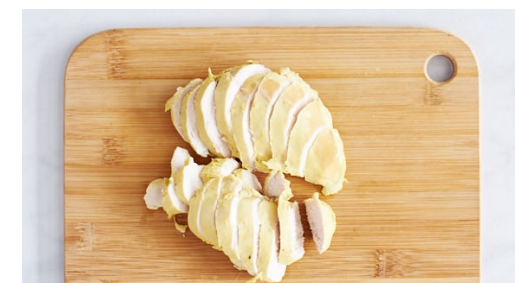
5. Cook pasta

Meanwhile, cook the **pasta** in the large pan of boiling water for 10 mins or until al dente. Drain well and return to the pan.



3. Poach chicken

Meanwhile, combine the **stock powde** with 500ml (2 cups) boiling water in a medium saucepan. Slice half the **lemon** (reserve remaining half for another use) and add to the stock with a little **sea salt and pepper**. Add the **chicken** and bring to a very gentle simmer. Poach the chicken for 6-8 mins until cooked through. Set chicken aside loosely covered to keep warm.



6. Get ready to serve

Slice the **chicken**. Divide the **pasta** and chicken between shallow plates. Pour over the **vegetables** and **stock**. Serve with dollops of **pesto**.