

MARLEY SPOON



Poached Chicken

with Warm Potato Salad



20-30min



2 Portions

Here we've teamed the ever-popular potato salad with chicken breasts that have been poached with fresh lemon juice, black peppercorns and fragrant thyme. It's important to keep the chicken in the poaching liquid for a further 5 minutes to continue cooking, resulting in lovely, moist chicken.

What we send

- parsley and thyme
- chicken stock powder
- baby rocket leaves
- red onion
- desiree potatoes
- 2 free-range chicken breast fillets
- lemon

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- pepper
- sea salt flakes
- sugar
- vegetable oil
- water
- white vinegar

Utensils

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

Cooking tip

For a quick, high-in-fibre potato salad, leave the skin on. Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 480.0kcal, Fat 16.6g, Proteins 35.5g, Carbs 41.0g



1. Prepare ingredients

Wash the **potatoes** and cut into 2cm chunks (see cooking tip). Halve the **onion** and cut into 1cm slices. Finely grate the **lemon** (use half for 2P** see cooking tip). Slice the cheeks off the **lemon**. Pick the **parsley** leaves. Pick the **thyme** leaves and discard stems. Bring the **water** to a boil in a medium saucepan.



2. Cook potatoes

Meanwhile, place the **potatoes** in another medium saucepan and cover with cold water. Season with **salt** and bring to the boil. Reduce heat to a simmer and cook for 10-12 mins until just tender. Drain and set aside to cool.



3. Poach chicken

Squeeze the **lemon juice** into the pan of boiling water, then add the **squeezed lemon cheeks, peppercorns, thyme, chicken stock powder** and **salt**. Reduce heat to medium, add **chicken** and cover with a lid. Poach for 10 mins or until almost cooked through. Turn off the heat and stand **chicken** in poaching liquid for 5 mins. Drain liquid, reserving any **thyme** to serve.



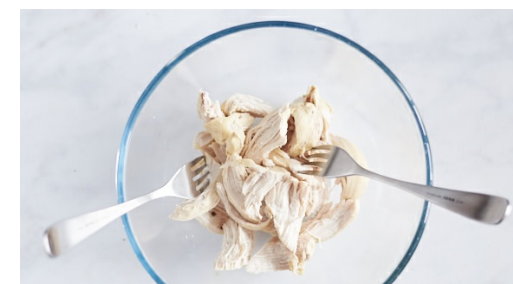
4. Saute onions

Heat the **oil** in a frypan over medium-high heat. Cook the **onion** for 5 mins or until soft and golden. Add the **sugar** and cook for a further 2-3 mins until caramelised. Season to taste with **salt and pepper**.



5. Make potato salad

Add **potatoes** to **onion mixture** with the **white vinegar** and gently toss to combine. Transfer to a bowl and cool slightly. Gently stir in the **rocket** and most of the **parsley** through the **potatoes** (reserve some **parsley** to serve).



6. Get ready to serve

Shred the **chicken** and serve with the **potato salad**, scattered with the reserved **parsley and lemon zest**.