

# MARLEY SPOON



## Poached Chicken

with Warm Potato Salad



20-30min



4 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

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

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

## What you'll require

- black peppercorns
- 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 475.0kcal, Fat 16.6g, Proteins 35.3g, Carbs 39.7g



### 1. Prepare ingredients

Wash the **potatoes** and cut into 2cm chunks (see cooking tip). Halve the **onions** 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.



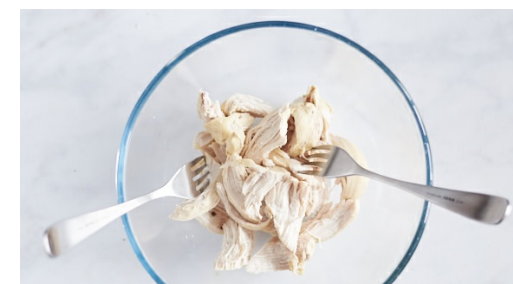
### 4. Saute onions

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**.