

# MARLEY SPOON



## CF: Chargrilled Chicken with

Buttered Rice and Tangy Yoghurt Dip



30-40min



2 Portions

With clean, bright, fresh flavours, this quick and easy dinner will appeal to the whole family. A zesty oregano marinade livens up chargrilled chicken, without being too overpowering for little ones, while caramelised leek adds sweetness to low-GI basmati rice. Served with green beans for crunch and a caper yoghurt dip on the side, this is both healthy and delicious.

## What we send

- Rice, Basmati
- Spring Onion 35g, Parsley Continental 20g
- Yoghurt, Greek, Tub 150gm<sup>7</sup>
- Leeks Medium Trimmed 200g, Lemon 1
- Capers in Vinegar
- Chicken, Hazeldene Breast Whole 2x320gm
- Spice, Oregano Dried
- Beans, Green Round

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

## What you'll require

- butter<sup>7</sup>
- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- medium saucepan
- sieve
- small saucepan

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

## Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

## Allergens

Milk (7). May contain traces of other allergens.

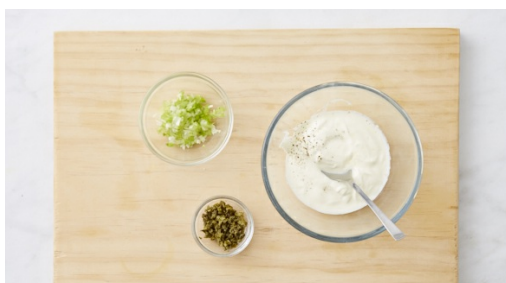
## Nutrition per serving

Energy 660.0kcal, Fat 20.2g, Proteins 51.9g, Carbs 61.9g



### 1. Prepare ingredients

Place the **rice** in a bowl and cover with cold water. Set aside to soak until ready to use. Trim and thinly slice the pale part of the **leek**. Place the **chicken** on a board. Place your hand on top and slice in half horizontally through the middle. Using a rolling pin or meat mallet, pound the chicken between baking paper until about 1cm thick.



### 4. Make dip

While the rice is cooking, put the **yoghurt** in a bowl. Trim and very finely chop the white and pale green part of the **spring onion**. Drain, rinse and dry the **capers**, then finely chop. Pick the **parsley** leaves, discarding stems, and finely chop. Stir the **spring onion**, **capers** and **half the parsley** into the **yoghurt**, and season with **salt and pepper**. Set aside.



### 2. Marinate chicken

Finely grate the **lemon rind** into a large bowl. Add the **oregano** (use 1 tsp for 2P | 2 tsp for 4P\*\* see cooking tip), **half the oil**, **salt and pepper**, and stir to combine. Add the **chicken** and turn to coat. Melt the **butter** and **remaining oil** in a medium saucepan over medium heat. Add **leek** and cook, stirring, for 5 mins or until soft. Season with **salt and pepper**.



### 5. Cook chicken

Heat a chargrill or large frypan pan over medium-high heat. Add the **chicken** and cook for 2-3 mins each side until golden brown and cooked through. Meanwhile, juice the **lemon** and bring a small saucepan of salted water to the boil for the beans. Transfer **chicken** to a plate, pour over the **lemon juice** and set aside to rest for 5 mins.



### 3. Cook rice

Rinse and drain the **rice** in a sieve, then add to the **leek**. Stir once, then add the **water** (see staples list). Bring to the boil, cover the pan with a lid, reduce heat to low and cook for 12 mins. Remove pan from the heat and stand, covered, for a further 5 mins or until rice is tender.



### 6. Get ready to serve

Meanwhile, trim the ends of the **beans** and cook in the pan of boiling water for 2-3 mins until tender. Drain in a sieve. Fluff up the **rice** with a fork and stir in the **remaining parsley**. Divide the rice, chicken and beans among plates. Drizzle over any resting juices and serve with the dip.