



MARLEY SPOON



Crispy-Skin Chicken with Wasabi Mayo and Sesame Greens

 20-30min  2 Portions

Nothing is as satisfying as perfectly cooked chicken with juicy meat and crisp golden skin. A bit of seasoned butter slipped under the skin and a generous sprinkling of salt ensures this magical result. Simply served with mirin-dressed greens and wasabi mayo, this Japanese-inspired dish is sure to be a crowd-pleaser.

What we send

- Japanese mayonnaise ^{3,6}
- green beans
- mirin
- sesame oil ¹¹
- broccoli
- wasabi paste
- free-range chicken breast fillet with skin on

What you'll require

- butter ⁷
- sea salt and pepper

Utensils

- baking paper
- large frypan
- medium saucepan
- roasting pan

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

Allergens

Egg (3), Soy (6), Milk (7), Sesame (11).
May contain traces of other allergens.

Nutrition per serving

Energy 485.0kcal, Fat 33.6g, Proteins 37.8g, Carbs 6.1g



1. Prepare chicken

Preheat the oven to 200C. Line a roasting pan or baking dish with baking paper. Coarsely grate the **butter** and season with **pepper**. Carefully slide your fingers under the **chicken** skin to separate slightly, then rub the butter mixture under the skin. Season the top of the chicken skin with **salt**.



4. Prepare vegetables

While the chicken is baking, bring a medium saucepan of salted water to the boil for the vegetables. Trim the tops of the **green beans**. Cut the **broccoli** into small florets, then peel and thinly slice the stalk.



2. Brown chicken

Heat a large frypan over medium-high heat. Add the **chicken**, skin-side down, and cook for 4 mins or until golden and crisp. Turn chicken over and cook for a further 2 mins or until golden.



5. Prepare mayonnaise

Combine the **mayonnaise** and **wasabi** in a bowl.



3. Bake chicken

Transfer the **chicken** and any pan juices to the roasting pan and bake in the oven for 10 mins or until the chicken is cooked through. Set aside to rest for 5 mins.



6. Get ready to serve

Cook the **green beans** and **broccoli** in the pan of boiling salted water for 2 mins or until just tender. Drain in a colander, then return to the pan with the **mirin**, **sesame oil**, **salt and pepper**, and toss to combine. Thinly slice the **chicken**. Divide the chicken and vegetables among plates, spoon over any juices and serve with the wasabi mayonnaise.