

MARLEY SPOON



Chicken Parcels

with Steamed Greens



20-30min



2 Portions

Whether you are gluten intolerant or watching your fat intake, this delicious and nutritious dinner will please anyone who is health conscious. We've steamed the chicken here with lovely aromatics, such as orange, sesame oil and honey, which means the chicken has kept many of its nutrients and there is less washing up!

What we send

- free-range chicken breast fillets
- soba noodles ¹
- sesame oil ¹¹
- sugar snap peas
- baby bok choy
- orange
- broccoli

What you'll require

- Australian honey
- soy sauce ⁶

Utensils

- baking paper
- medium saucepan
- oven tray
- sieve

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

Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 590.0kcal, Fat 10.9g, Proteins 24.0g, Carbs 96.2g



1. Prepare chicken

Preheat the oven to 200C. Score each **chicken breast fillet** several times with a sharp knife.



2. Prepare vegetables

Zest the **orange** into a bowl. Squeeze half the orange into the same bowl (reserve the remaining half for another use). Separate the **broccoli** into florets. Trim the **bok choy** and cut into quarters or slices depending on size. Trim the **sugar snap peas**. Bring 2 medium saucepans of water to the boil.



3. Prepare parcels

Cut two 30cm square sheets of baking paper. Place a **chicken fillet** in the centre of each sheet. Pull edges of paper around the chicken. Add 1 tbs **soy sauce**, the **sesame oil** and 2 tsp **honey** to the **orange zest mixture** and stir to combine. Pour over the chicken and then twist paper to enclose filling.



4. Bake chicken

Transfer the **chicken** to an oven tray and bake for 10 mins. Remove from oven.



5. Steam vegetables

Place the **broccoli**, **bok choy** and **sugar snap peas** in a bamboo steamer or double boiler and steam over simmering water for 5 mins.



6. Cook noodles

Meanwhile, add $\frac{3}{4}$ of the **noodles** (reserve remaining for another use) to the remaining pan of boiling water and cook for 4 mins or until al dente. Drain well and return to pan. Carefully open **parcels**. Set **chicken** aside to slice. Add **cooking juices** to the noodles and toss to coat. Top the noodles with the **vegetables** and chicken.