

MARLEY SPOON



BBQ Lemon Chicken with

Warm Eggplant and Red Rice Salad



30-40min



4 Portions

Warm nutty red rice is tossed together with Moroccan spiced roasted vegetables and tart dried cranberries, then topped with grilled lemon and oregano chicken for a truly global-inspired salad that is sure to hit the spot.

What we send

- free-range chicken breast fillets
- red rice
- baby spinach leaves
- lemon
- oregano and 2 garlic cloves
- dried cranberries
- green beans
- eggplant
- ras el hanout

What you'll require

- extra virgin olive oil
- sea salt and pepper
- spray oil
- water

Utensils

- baking paper
- medium saucepan
- oven tray
- sieve

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

Allergens

May contain traces of allergenic ingredients.

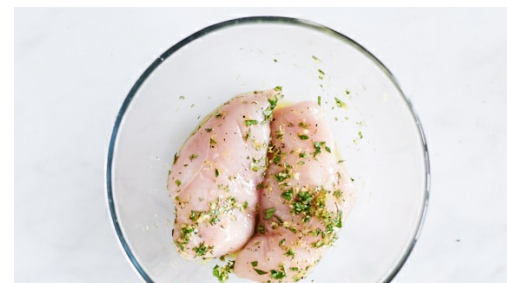
Nutrition per serving

Energy 625.0kcal, Fat 18.4g, Proteins 44.0g, Carbs 65.3g



1. Cook rice

Preheat oven to 200C. Line an oven tray with baking paper. Wash the **rice** in a sieve, then place in a medium saucepan with the **water** and bring to a simmer. Cover with a lid, reduce heat to low and cook for 18-20 mins until tender and water has absorbed.



2. Marinate chicken

While the **rice** is cooking, finely grate the rind and juice the **lemon(s)**. Crush or finely chop the **garlic**. Pick the **oregano** leaves (discard stems) and finely chop. Combine the **oregano, garlic, half the zest and half the oil** in a bowl. Season with **salt and pepper**. Add **chicken** and turn to coat.



3. Roast vegetables

Cut the **eggplant(s)** into 3cm chunks. Trim **green beans** and cut into 4cm lengths. Arrange **eggplant** in a single layer on the tray. Spray with **oil**. Sprinkle with **ras el hanout** and **salt and pepper**, and toss to coat. Spray again with **oil**. Roast for 10 mins, then add **beans**, and toss to combine. Roast for a further 10 mins or until vegetables are tender.



4. Chargrill chicken

Meanwhile, heat a chargrill or frypan over medium heat. Cook the **chicken** for 4-5 mins each side until golden and cooked through. Transfer to a plate and rest for 5 mins.



5. Assemble salad

Meanwhile, coarsely chop the **cranberries**. Combine the **lemon juice, remaining zest and oil** *in a large bowl*. Add the **roasted vegetables, _cranberries, spinach** and **rice**. Season with **salt and pepper**, and toss to combine.



6. Get ready to serve

Thickly slice the **chicken**. Divide red rice salad among plates and top with sliced chicken to serve.