

MARLEY SPOON



Provençal Chicken

with Cannellini Mash



30-40min



4 Portions

Given its sunny Mediterranean coastal location and proximity to Italy, Provence features garlic, tomato, olives and fresh herbs heavily in its cuisine. This rustic chicken casserole is a classic from the French region's repertoire and together with the cannellini bean mash, is perfect hearty country-style fare for cooler evenings.

What we send

- black pitted olives
- diced tomatoes
- canned cannellini beans
- parsley, thyme and 4 garlic cloves
- free-range chicken thigh fillet
- ground fennel
- zucchini
- onion

What you'll require

- butter ⁷
- extra virgin olive oil
- milk ⁷
- salt and pepper

Utensils

- large frypan
- medium saucepan
- potato masher

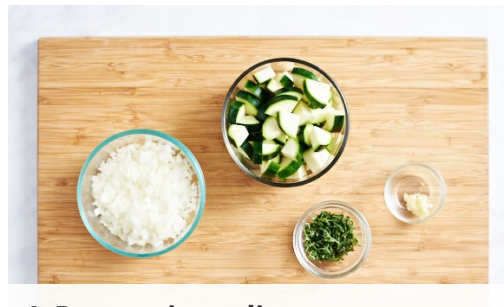
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

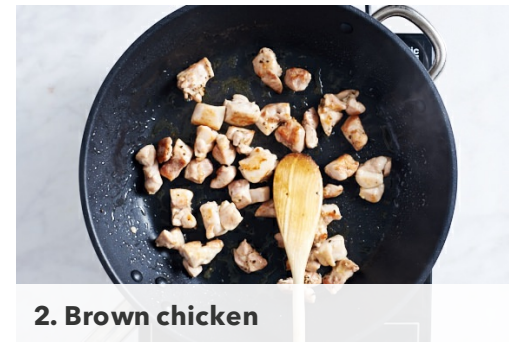
Nutrition per serving

Energy 585.0kcal, Fat 23.8g, Proteins 52.7g, Carbs 36.1g



1. Prepare ingredients

Finely chop the **onion** and the **garlic**. Pick the **thyme** leaves. Halve the **zucchini** lengthwise, then slice into 1cm-thick half moons.



2. Brown chicken

Trim any fat from the **chicken**, then cut into 2cm chunks. Season with **salt and pepper**. Heat **half the oil** in a large deep frypan over medium-high heat. Cook the **chicken**, stirring occasionally, for 5 mins or until golden. Transfer to a bowl.



3. Finish cooking

Add the **onion**, **half the garlic**, **ground fennel** and the **thyme** to the pan and cook, stirring, for 3-5 mins until onion is softened. Stir in the **chicken** and **tomatoes**, bring to the boil, then reduce heat to medium. Cook for 10 mins, then add **zucchini** and cook, covered, for a further 3-5 mins.



4. Rinse cannellini beans

While chicken and tomato mixture is cooking, rinse and drain the **cannellini beans**.



5. Make cannellini bean mash

Heat the **remaining oil** in a medium saucepan over low heat. Cook the **remaining garlic** for 30 secs or until lightly golden. Add the **cannellini beans**, **milk** and **butter**, and cook gently for 5 mins or until warmed through. Mash the mixture with a potato masher until smooth. Season to taste with **salt and pepper**, and keep warm.



6. Get ready to serve

Meanwhile, cut the **olives** in half and finely chop the **parsley leaves**. Stir the **olives** and **half the parsley** into the chicken mixture. Season to taste with **salt and pepper**. Divide the cannellini bean mash among plates, spoon over the chicken mixture and scatter with **remaining parsley** to serve.