

MARLEY SPOON



Roasted Balsamic Chicken

with Zucchini and Herbed Rice



30-40min



2 Portions

With few pantry staples of balsamic vinegar, honey and oil, you can make a quick and delicious glaze for chicken. Throw in some aromatic smoked paprika and it takes on even more tempting character, especially as it roasts in the oven with summer zucchini. Meanwhile, just steam some rice, then stir in market-fresh herbs for a restaurant-style dish in the comfort of home.

What we send

- spring onion, parsley, basil
- free-range chicken thigh fillets
- basmati rice
- zucchini
- smoked paprika
- mild chilli flakes

What you'll require

- balsamic vinegar ¹⁷
- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- medium saucepan
- oven tray
- pastry brush

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 635kcal, Fat 23.3g, Carbs 65.0g, Proteins 38.5g



1. Prepare chicken

Preheat the oven to 200C. Line an oven tray with baking paper. Trim the **chicken**, then cut each thigh into thirds and score. Trim the **zucchini**, then halve lengthwise and thickly slice on an angle.



2. Prepare glaze

Put **1 tbs oil**, the **vinegar**, **honey**, **1 tsp smoked paprika** and **¼ tsp chilli flakes** (reserve remaining paprika and chilli flakes for another use) in a bowl and season with **salt and pepper**. Whisk well to combine.



3. Cook chicken

Put the **chicken** and **zucchini** on the prepared tray. Pour over the **balsamic glaze** and toss until well coated. Roast for 25 mins or until the chicken is golden and cooked through. Remove, reserving any tray juices, and set aside to rest for 5 mins.



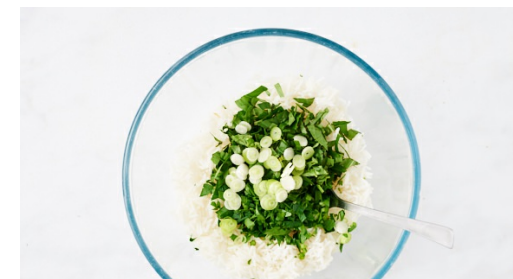
4. Cook rice

While the chicken is cooking, bring **1L (4 cups) water** to the boil in a small saucepan. Cook the **rice** in the boiling water for 12 mins or until tender. Drain, then set aside and keep warm.



5. Prepare herbs

Meanwhile, thinly slice the **spring onion**. Finely chop the **basil leaves**. Finely chop the **parsley**, including the stems.



6. Get ready to serve

Thickly slice the **chicken**. Stir the **spring onion** and **herbs** into the **cooked rice**, then drizzle with **oil** and season with **salt and pepper**. Divide the **herbed rice**, **chicken** and **zucchini** among plates. Drizzle with the tray and resting juices to serve.