

MARLEY SPOON



Chicken Pinchos Salad

with Chipotle Corn Salsa



30-40min



4 Portions

In Puerto Rico, where we head for this summer-inspired meal, kebabs marinated in thyme, garlic, lemon and paprika are cooked over hot flames. We've borrowed the finger-licking medley of herbs and spices for healthy, oven-roasted chicken and paired it with charred sweet corn tossed with smoky chipotle sauce. The result? A light, mouthwatering salad bursting with exotic flavour.

What we send

- lemon, tomatoes
- mexican seasoning
- corn cob
- free-range chicken thighs
- chipotle in adobo sauce ⁶
- rocket leaves

What you'll require

- extra virgin olive oil
- Australian honey
- water

Utensils

- foil
- medium frypan
- oven tray

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

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 480kcal, Fat 30.4g, Carbs 17.8g, Proteins 31.3g



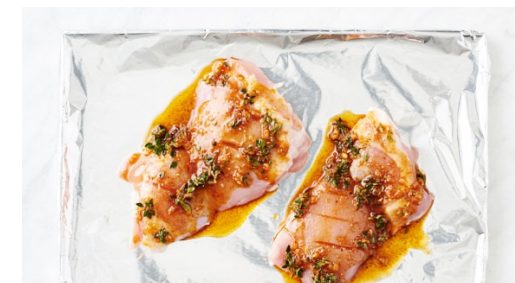
1. Prepare chicken

Preheat the oven to 220C. Line an oven tray with foil. Trim any excess fat from the **chicken**, then cut 3 incisions into each thigh.



2. Make marinade

Finely grate the **lemon** zest, then juice. Combine the **lemon zest, Mexican seasoning** and **2 tbs olive oil** in a small bowl, then rub all over the **chicken**.



3. Cook chicken

Put the **chicken** on the lined tray and bake for 15 mins or until cooked through. Rest, uncovered, for 10 mins.



4. Cook corn

Meanwhile, discard the husk and silks from the **corn cobs**. Heat a medium frypan over high heat. Add the corn and **80ml (1/3 cup) water** and cook, covered, for 5 mins. Turn the cobs, add another **80ml (1/3 cup) water** and cook, covered, for a further 5 mins or until lightly charred. Set aside to cool slightly.



5. Make salsa

Combine the **chipotle sauce, lemon juice, 2 tbs olive oil** and **2 tsp honey** in a small bowl. Put the **corn** on a board and slice off the kernels. Cut the **tomato** into 1cm chunks. Put the corn, tomato and **half the dressing** in a large bowl and stir well to combine.



6. Get ready to serve

Toss the **rocket** in the **remaining dressing**. Thinly slice the **chicken** and divide among plates. Drizzle over any pan juices and serve with the **salsa** and **rocket**.