

MARLEY SPOON



Rosemary-Infused Chicken

with Italian Cannellini Braise



20-30min



4 Portions

Sauteed carrot, garlic, onion and celery, known in Italian as soffrito, forms the aromatic base of a cannellini bean and tomato braise. We've added a crunchy pangrattato topping of toasted breadcrumbs, then served it with a light rosemary-infused chicken for a modern spin on Mediterranean classics.

What we send

- 1
- rosemary
- 2 celery stalks
- 1 garlic clove

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- large frypan
- large frypan with lid

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

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 520kcal, Fat 15.8g, Carbs 35.5g, Proteins 49.2g



1. Prepare ingredients

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Finely chop the **rosemary** leaves, discarding the stems. Peel and finely chop the **carrots**. Finely chop the **celery**. Drain and rinse the **beans**.



2. Season chicken

Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Season with **salt and pepper** and scatter over **half the rosemary**. Crumble the **stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



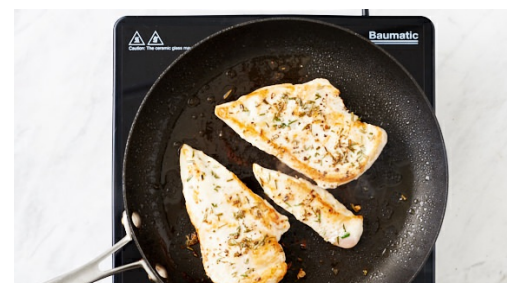
3. Cook sauce

Heat **1 ½ tbs olive oil** in a large deep frypan over medium heat. Cook the **onion, garlic, carrot** and **celery**, stirring, for 5 mins or until softened and translucent. Add the **stock, tomatoes, ½ tsp rosemary** and a **large pinch of sugar**. Bring to the boil, then reduce the heat to medium and cook for 5 mins or until starting to thicken. Season with **salt and pepper**.



4. Toast breadcrumbs

Meanwhile, heat **3 tsp olive oil** a medium frypan over medium-high heat. Toast the **breadcrumbs**, stirring, for 3-4 mins until crisp and golden. Season with **salt and pepper**, then remove from the pan. Wipe the pan clean.



5. Cook chicken

Heat **1 tbs olive oil** in the pan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan and rest for 3 mins.



6. Get ready to serve

Stir the **beans** into the **sauce**, reduce the heat to low and cook, covered, for a further 5 mins or until warmed through. Divide the **braised beans, chicken** and **rocket** among plates. Scatter the **breadcrumbs** over the braised beans to serve.