

MARLEY SPOON



Italian Chicken

with Capers, Capsicum and Lentils



20-30min



2 Portions

Garlic, herbs and tomato are the holy trinity of rustic Italian cooking and they make any plateful sing. Here, they're combined with wholesome lentils, zucchini, chicken and potato, plus a classic cacciatore-style sauce with sweet capsicum. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the app, if you have one.

What we send

- free-range chicken thigh fillet
- dried Italian herbs ¹⁷
- garlic
- diced Italian tomatoes
- capsicum
- zucchini
- capers
- lentils
- chat potato

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- sea salt and pepper

Utensils

- large deep frypan or saucepan with lid
- medium frypan

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

Allergens

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

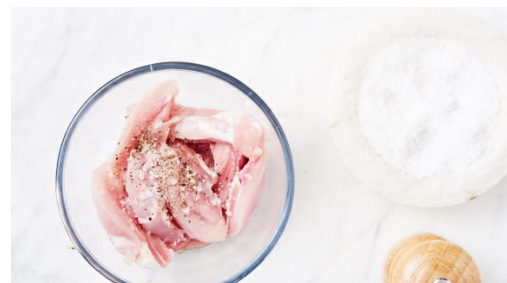
Nutrition per serving

Energy 795kcal, Fat 28.3g, Carbs 69.7g, Proteins 54.3g



1. Prepare vegetables

Crush or finely chop the **garlic**. Cut the **potatoes** into 2-3cm chunks. Thinly slice the **capsicum**, discarding the seeds and membrane.



2. Prepare chicken

Trim any excess fat from the **chicken**, cut into 2cm-thick strips and season with **salt and pepper**.



3. Brown chicken

Heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **chicken**, turning, for 4-5 mins until browned.



4. Simmer sauce

Add the **potato, capsicum, capers, tomatoes, half the garlic, 1 tsp dried Italian herbs** (the remaining herbs won't be used in this dish) and **1 tbs balsamic vinegar** to the chicken. Bring to the boil, cover, then reduce the heat to low. Cook for 15 mins or until the chicken is cooked through and the vegetables are tender.



5. Cook zucchini

Meanwhile, coarsely grate the **zucchini**. Drain and rinse the **lentils**. Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the zucchini and **remaining garlic**, stirring, for 5 mins or until softened. Season with **salt and pepper**.



6. Get ready to serve

Add the **lentils** to the zucchini and cook for 1-2 mins until the lentils are warmed through and the zucchini is tender. Divide the **lentil mixture** and **Italian chicken** among bowls to serve.