

MARLEY SPOON



Chicken Provencal

with Braised Potatoes, Tomatoes an...



30-40min



2 Portions

Hailing from the sunny Mediterranean coast, Provencal cuisine heavily features garlic, tomato, olives and fresh herbs. Using these traditional ingredients in a play between cooked and fresh elements, the chicken and potatoes are braised in a garlic and fennel broth, then layered over fresh tomato and rocket. Serve with a sourdough bread roll to mop up all those scrumptious juices.

What we send

- 1
- 1,6
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What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- medium frypan with lid
- oven tray

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

Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 545kcal, Fat 20.9g, Carbs 47.6g, Protein 38.0g



1. Prepare ingredients

Quarter the **unpeeled potatoes**. Pick the **thyme** leaves and finely chop. Crush or finely chop the **garlic**.



2. Brown chicken

Trim any excess fat from the **chicken** and season with **salt and pepper**. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the chicken for 2 mins each side or until browned. Remove from the pan, leaving any cooking juices in the pan.



3. Brown potatoes

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **potatoes, fennel seeds, thyme** and **garlic**, stirring, for 3-4 mins until the potatoes are light golden.



4. Make stock

While the potatoes are cooking, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **125ml (½ cup) boiling water** and stir to combine. Coarsely chop the **capers**. Halve the **olives**.



5. Cook chicken

Reduce the heat to medium-low and return the **chicken** and any resting juices to the pan. Add the **stock**, cover, and cook for 10-12 mins until the chicken is cooked through and the potatoes are tender. Meanwhile, preheat the oven grill to medium. Halve the **sourdough roll** lengthwise and put on an oven tray, cut-side up.



6. Get ready to serve

Grill the **sourdough roll** for 2 mins or until toasted. Cut the **tomatoes** into thin wedges. Finely chop the **parsley**, discarding the stems. Stir the **capers, olives** and **parsley** into the pan. Divide the **rocket leaves** and **tomatoes** among plates. Spoon over the **chicken and potato mixture** and drizzle with the pan juices. Serve with the **toasted sourdough**.