

# MARLEY SPOON



## Chicken Provencal

with Braised Potatoes, Tomatoes an...



30-40min



4 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

- 1,6
- 1
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## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- large 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.

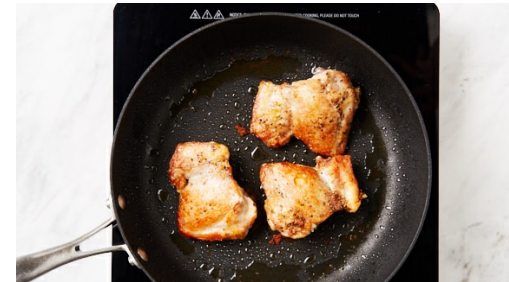
## Nutrition per serving

Energy 545kcal, Fat 20.8g, 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 **1 tbs olive oil** in a large 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.



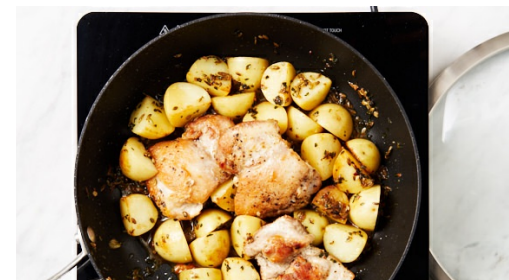
### 3. Brown potatoes

Heat **1 tbs 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 the **stock cubes** into a heatproof jug, add **180ml (¾ 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 rolls** 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**.