

MARLEY SPOON



Roasted Peri Peri Chicken

with Pumpkin and Rocket Salad



20-30min



4 Portions

Here's our take on peri peri chicken, a classic dish whose roots come from South Africa. The original calls for cooking a whole bird but we favour boneless pieces, for the ultimate in quick convenience. Plenty of seasonal veg, some crunchy pepitas and a drizzle of garlicky mayo round this feast-on-a-plate out nicely.

What we send

- 1,17
- 3

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- oven tray
- small frypan

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

Cooking tip

The peri peri seasoning contains chilli, so add more or less to taste, depending on your palate.

Allergens

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 605kcal, Fat 39.4g, Carbs 14.0g, Protein 45.9g



1. Prepare vegetables

Heat the oven to 220C. Line an oven tray with baking paper. Peel the **pumpkin** and cut into 2-3cm chunks. Cut the **onion** into thin wedges. Thinly slice the **garlic**.



2. Roast vegetables

Put the **pumpkin, onion** and **garlic** on the lined tray. Drizzle with **2 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 6 mins or until golden and almost tender.



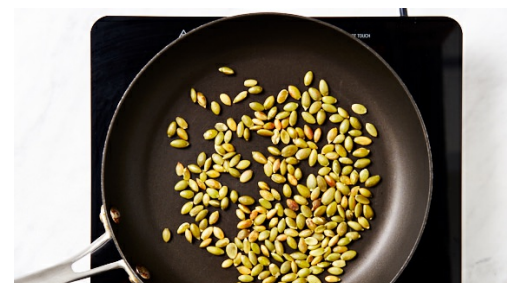
3. Marinate chicken

Meanwhile, cut the **chicken** widthwise into 1cm-thick slices. Put in a shallow dish, sprinkle over **3 tsp of the peri peri spice blend** (see cooking tip), season with **salt and pepper** and toss to coat.



4. Add chicken

After the **vegetables** have been roasting for 6 mins, put the **chicken** on top of the vegetables and bake for a further 8 mins or until the chicken is cooked through and the vegetables are tender.



5. Toast pepitas

Meanwhile, put the **pepitas** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat. Put the **aioli, 1 tsp peri peri spice blend** and **1 tbs water** in a small bowl and stir until smooth. Coarsely chop the **tomatoes**.



6. Get ready to serve

Combine the **rocket, tomatoes** and **roasted vegetables** in a large bowl and gently stir to combine. Divide the **pumpkin and rocket salad** and **peri peri chicken** among plates then drizzle over the **dressing**. Scatter over the **pepitas** to serve.