

MARLEY SPOON



Golden Chermoula Chicken

with Broccoli and Almond Burghul



30-40min



4 Portions

Versatile burghul takes on a lemon-honey dressing, mint, crunchy almonds and a vibrant slew of veggies for an honest-to-goodness flavour ride. That chicken - golden, succulent and a tiny touch spicy - is the real star of the show though, with its zingy chermoula coating.

What we send

- 1
- 17
- 15

What you'll require

- boiling water
- Dijon mustard ¹⁷
- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper

Utensils

- large frypan

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

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 645kcal, Fat 23.7g, Carbs 48.1g,
Proteins 51.6g



1. Marinate chicken

Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Combine the **chermoula** and **1 tbs olive oil** in a shallow dish. Add the chicken and rub to coat.



2. Soak burghul

Put the **burghul** in a heatproof bowl. Pour over **400ml boiling water**, cover with a plate or plastic wrap and stand for 5-8 mins until the water has absorbed. Fluff the grains with a fork.



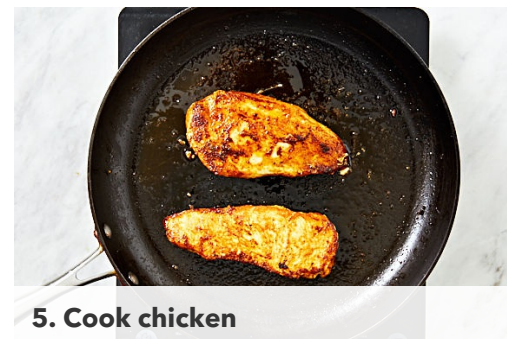
3. Prepare ingredients

Meanwhile, trim and peel the **broccoli** stems, then cut into 1cm chunks. Cut the broccoli heads into small florets. Cut the **capsicums** into 1cm chunks, discarding the seeds and membrane. Finely grate the zest of the **lemon**, then juice.



4. Cook vegetables

Put the **almonds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove from the pan. Increase the heat to medium-high, then add **1 tbs olive oil** to the pan. Stir-fry the **capsicum** and **broccoli** for 6-8 mins until lightly charred. Add **2 tbs water**, cover and cook a further 2 mins or until tender. Add to the burghul in the bowl.



5. Cook chicken

Add the **chicken** to the pan and cook for 3-4 mins each side until golden and cooked through. Remove from the pan and rest for 3 mins. Meanwhile, pick and coarsely tear the **mint** leaves, discarding the stems.



6. Make dressing

Put the **lemon zest**, **lemon juice**, **2 tbs extra virgin olive oil**, **1 tbs Dijon mustard** and **1 tbs honey** in a small bowl. Season with **salt and pepper** and whisk to combine. Add the **dressing**, **mint** and **half the almonds** to the **burghul salad** and toss to combine. Divide the burghul salad and **chicken** among plates. Scatter with the **remaining almonds** to serve. ...