

MARLEY SPOON



Tuscan Chicken Salad

with Olives and Tomato



20-30min



4 Portions

Chunks of golden, crisp, toasted bread take on the bold flavours of oregano-marinated chicken and peppery rocket in a hearty salad that's straight from the hills of Tuscany. Juicy tomato wedges, plus pepitas, olives and lashings of grated parmesan, are guaranteed to take this dish straight into Firm Favourite territory.

What we send

- 17
- 7
- 1,6

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- baking paper
- box grater
- large frypan
- oven tray

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

Cooking tip

We've added parmesan and olives to this delicious dish - enjoy!

Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 780kcal, Fat 52.3g, Carbs 24.4g, Proteins 50.0g



1. Prepare ingredients

Heat oven to 220C. Line an oven tray with baking paper. Coarsely chop the **oregano** leaves, discarding the stems. Trim and thinly slice the **spring onions**. Cut the **tomatoes** into wedges. Coarsely grate the **parmesan**.



2. Marinate chicken

Trim any excess fat from the **chicken** then cut into 3cm chunks. Put in a bowl with **1 tbs olive oil**, **1 tsp Italian herbs** (the remaining herbs won't be used in this dish) and **half the oregano**. Season with **salt and pepper** and toss to coat.



3. Toast bread

Cut the **bread** into bite-sized chunks. Put on the lined tray, drizzle with **2 tbs olive oil** and toss to coat. Bake for 5-6 mins until golden.



4. Cook chicken

Meanwhile, put the **pepitas** in a cold large frypan over medium-high heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove the pan from the heat.



5. Make dressing

While the chicken is cooking, put **2 tbs extra virgin olive oil**, **1 tbs red wine vinegar** and **2 tsp Dijon mustard** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **tomato**, **spring onion**, **pepitas** and the **remaining oregano** and toss to coat.



6. Get ready to serve

Add the **rocket**, **toasted bread** and **chicken** to the **salad** and toss to combine. Divide among bowls, then scatter over the **olives** and **parmesan**. Drizzle over any **chicken pan juices** to serve.