

MARLEY SPOON



Lemon and Oregano Chicken

with Green Freekeh Pilaf



20-30min



2 Portions

If you could eat summer, it would taste like this. Chicken crusted in oregano seasoning and chargrilled to golden perfection, served with one-pan pilaf brimming with seasonal greens and a lemony zing. It's bright, breezy and super easy.

What we send

- 1

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- large deep frypan
- medium saucepan with lid

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

Cooking tip

Prior to chopping, give the pale part of the leek a good rinse under running water to remove any hidden dirt.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 550kcal, Fat 14.1g, Carbs 53.2g, Proteins 49.7g



1. Prepare ingredients

Bring a small saucepan of water to the boil for the peas. Soak the **freekeh** in a bowl of hot water for 5 mins, then drain. Meanwhile, finely grate the zest of **half the lemon**, then juice the half (the remaining lemon won't be used in this dish). Coarsely chop the **olives**. Add the **peas** to the pan of boiling water, return to the boil and cook for 1 min. Drain.



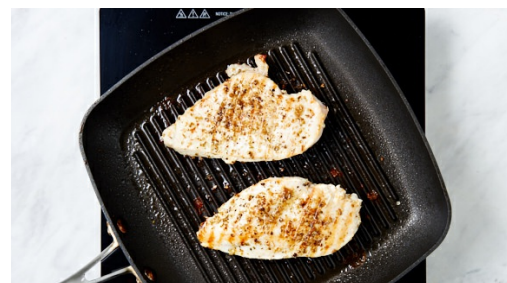
4. Prepare chicken

Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and scatter over **½ tsp dried oregano** (the remaining oregano won't be used in this dish).



2. Cook leek

Halve the **leek** lengthwise and thinly slice the pale stem, discarding any dark green stem or leaves (see cooking tip). Heat **2 tsp olive oil** in a large deep frypan over medium heat. Cook the leek, stirring occasionally, for 5 mins or until softened.



5. Chargrill chicken

Heat a chargrill over high heat until hot. Reduce the heat to medium-high and cook the **chicken** for 3-4 mins each side until golden and tender. Remove from the chargrill and rest for 3 mins.



3. Start pilaf

Add the **freekeh** and **250ml (1 cup) water** to the pan. Bring to the boil, then reduce the heat to medium-low and cook, covered, for 15 mins. Stir in the **peas** and cook, covered, for 3 mins or until the freekeh is tender and the water has absorbed. Remove from the heat and stand, covered, for 5 mins.



6. Finish pilaf

Meanwhile, coarsely chop the **spinach**. Stir the spinach, **lemon zest**, **1 tbs lemon juice** and **olives** into the **freekeh mixture**. Season with **salt and pepper**. Thickly slice the **chicken**. Divide the **pilaf** and **chicken** among plates to serve.