

# MARLEY SPOON



## Golden Mexican Chicken

with Jalapeno Rice and Avocado



30-40min



2 Portions

Light charring gives a wonderful smoky flavour to capsicum and onions and here, they're pureed with chilli and go into the liquid that cooks rice. Yum! Topped with succulent chicken and served with an easy salsa, this tastes every bit as great as it looks. Just leave the chilli out, if you're heat-averse.

## What we send

- free-range chicken thigh fillets
- basmati rice
- coriander, garlic, jalapeno
- onion
- chicken-style stock cube
- capsicum
- tomato
- avocado

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- foil
- medium frypan
- oven tray
- small frypan

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

### Cooking tip

Add the chilli to suit your heat preference or serve it at the table for those who like it. Alternatively, reduce the chilli heat by discarding the seeds and membrane.

### Allergens

Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 735kcal, Fat 34.9g, Carbs 65.0g, Proteins 35.9g



### 1. Grill vegetables

**Read through the recipe.** Heat the oven grill to high. Line an oven tray with foil. Halve the **onion** and **jalapeno** (see cooking tip). Cut 4 'cheeks' off the **capsicum**, discarding the seeds and membrane. Put the onion, jalapeno, capsicum and **whole peeled garlic** on the tray, then grill for 10-12 mins, turning once, until lightly charred.



### 4. Cook rice

Rinse the **rice** until the water runs clear. Heat **2 tsp oil** in a small saucepan. Add the rice and cook, stirring, for 1 min or until heated through. Stir in the **green sauce**, then bring to a simmer over medium heat. Reduce the heat to low and cook, covered, for 15 mins or until the rice is just tender. Stand, covered, for at least 5 mins.



### 2. Make stock

Meanwhile, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (3/4 cup) boiling water** and stir to dissolve. Finely chop the **coriander**, including the stems.



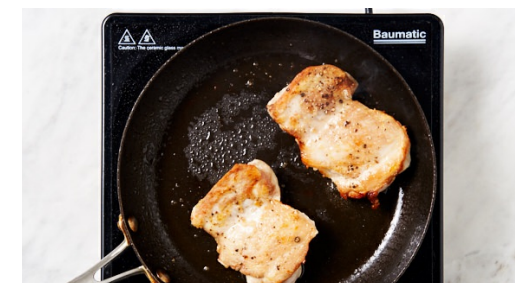
### 5. Make salsa

Meanwhile, combine **2 tsp olive oil** and **1 tsp white wine vinegar** in a bowl. Season with **salt and pepper**. Cut the **avocado** flesh and the **tomato** into 1cm chunks, then add to dressing and toss to combine. Trim any excess fat from the **chicken** and season with **salt and pepper**.



### 3. Blend vegetables

Coarsely chop the charred **chilli**, **onion**, **garlic** and **capsicum** and put in a bowl. Add the **stock** then, using a stick blender, blend until almost smooth (alternatively, use a food processor). Taste and season with **salt and pepper**.



### 6. Cook chicken

Heat **2 tsp oil** in a medium frypan over medium-high heat. Cook the **chicken** for 4-5 mins each side until golden and cooked through. Divide the **rice**, **chicken** and **salsa** among plates. Scatter with the **reserved coriander** to serve.