

Grilled Chicken & Arugula

with Cucumber, Radish & Tomato Relish



20-30min



4 Servings

We've borrowed this recipe from "Martha Stewart's Grilling" cookbook. If you don't have a grill or grill pan, this recipe is just as tasty cooked in a skillet. Heat 1 tablespoon of oil in a skillet over medium-high, add the chicken and cook until golden-brown and cooked through, 3-4 minutes per side.

What we send

- cucumber
- baby arugula
- fresh jalapeño chile
- tomatoes on the vine
- boneless, skinless chicken breasts
- fresh mint
- red radishes
- garlic

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- white wine vinegar ¹⁷

Tools

- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 320kcal, Fat 11g, Carbs 12g, Proteins 43g



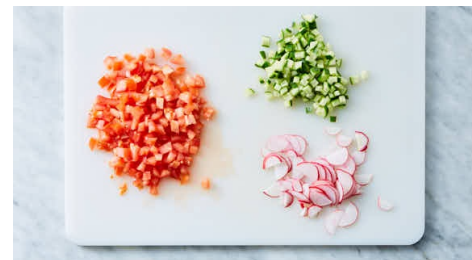
1. Make infused vinegar

Halve **jalapeño**, remove stem, core and seeds, then roughly chop. Peel and roughly chop **1 large garlic clove**. In a medium saucepan, combine jalapeño, garlic, **¼ cup each vinegar and water**, **1 teaspoon sugar**, and **¾ teaspoon salt**. Place over high heat and bring to a boil. Remove from heat and let cool slightly.



4. Make dressing

Preheat a grill or grill pan to high. In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil** and **a pinch each salt and pepper**.



2. Prep vegetables

Remove core from **tomatoes**, then halve and cut into ¼-inch pieces. Halve **cucumbers** lengthwise (peel if desired), then cut into ¼-inch pieces. Trim stem ends from **radishes**, then halve and thinly slice.



5. Grill chicken

Pat **chicken** dry and season all over with **1 teaspoon salt** and **a few grinds pepper**. Brush grill or grill pan grates lightly with **oil**. Reduce heat to medium-high, add chicken, and cook until chicken is lightly charred and cooked through, 3-4 minutes per side.



3. Make relish





Add **vegetables** to saucepan with **vinegar mixture**. Season to taste with **salt** and **pepper**, and set aside to marinate until step 6.



6. Finish & serve

Pick **mint leaves** from stems. Save a few leaves for garnish, then roughly chop the rest. Stir chopped mint into **relish**. Add **arugula to dressing**; toss to coat. Season to taste with **salt** and **pepper**. Spoon **yogurt** onto plates and place chicken on top. Using a slotted spoon, top **chicken** with **some relish**. Serve **arugula salad** and **remaining relish** alongside....

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**