

MARLEY SPOON



Grilled Lemon Chicken

with Garlic and Olive Pilaf



20-30min



4 Portions

What we send

- thyme
- 3 garlic cloves

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large frypan
- medium saucepan with lid

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

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 695kcal, Fat 24.7g, Carbs 63.2g, Proteins 47.9g



1. Prepare ingredients

Read through the recipe. Pick the **thyme** leaves, discarding the tough stalks. Crush or finely chop the **garlic**. Coarsely chop the **olives**. Juice the **lemon**. Rinse the **rice** until the water runs clear.



2. Start pilaf

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **garlic**, **half the thyme** and **olives**, stirring occasionally, for 3 mins or until the garlic is softened.



3. Finish pilaf

Crumble the **stock cubes** into the pan. Add the **rice** and **450ml water**, cover and bring to a simmer. Reduce the heat to low and cook for 12 mins or until the rice is tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Cook chicken

Meanwhile, put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Season with **salt and pepper**. Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the chicken for 3-4 mins each side until cooked through. Transfer to a plate. Drizzle the chicken with **2 tbs lemon juice** and cover to keep warm.



5. Cook vegetables

While chicken is cooking, cut the **onion** into wedges. Trim the **broccoli stems** and thickly slice. Cut the **broccoli heads** into small florets. Heat **1 tbs olive oil** in the pan over high heat. Cook onion and **remaining thyme**, separating the onion layers with a spoon, for 3 mins or until softened. Add the **onion mixture** to the **pilaf** and using a fork, stir to combine.



6. Get ready to serve

Put the **broccoli** in a heatproof bowl and cover with boiling water. Stand for 2 mins, then drain. Heat **1 tbs olive oil** in the pan over high heat and cook the broccoli for 2-3 mins until tender. Divide the **broccoli**, **pilaf** and **chicken** among plates and drizzle the chicken with the resting juices to serve.