

MARLEY SPOON



FAST

HEALTHY

Chipotle Chicken and Salsa

with Jalapeno Quinoa



20-30min



4 Portions

Containing all the colours of the Mexican flag, this simple salsa is sometimes called salsa bandera, or flag sauce. With ripe red tomato, onion, green jalapeno chilli and coriander it's perfect served with grilled meats and fish.

What we send

• 6

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water
- white vinegar

Utensils

- large frypan
- large saucepan
- sieve

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

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

Allergens

Soy (6). May contain traces of other allergens.

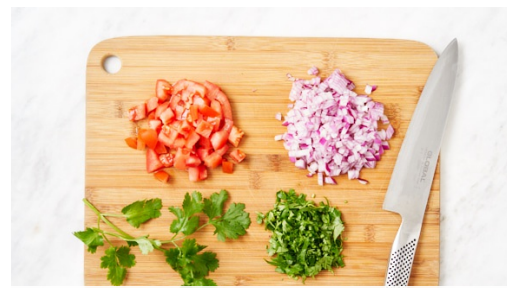
Nutrition per serving

Energy 505kcal, Fat 16.0g, Carbs 40.3g, Proteins 46.7g



1. Cook quinoa

Read through the recipe. Put the **quinoa** in a sieve, then rinse well and drain (see cooking tip). Put the quinoa in a medium saucepan with **450ml water**, cover and bring to a simmer. Cook, covered, for 12-15 mins or until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins. Fluff the grains with a fork.



2. Make salsa

Finely chop the **onion** and **tomatoes**. Finely chop the **coriander**, including the stems. Combine the onion, tomato and coriander, **1 tbs white vinegar** and **1 tbs extra virgin olive oil** in a bowl. Season with **salt and pepper**.



3. Marinate chicken

Combine the **chipotle** and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Add the chicken to the chipotle marinade and turn to coat.



4. Cook chicken

Heat a large frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Transfer to a plate and rest for 3 mins.



5. Chop jalapeno

Meanwhile, finely chop the **jalapeno**, removing the seeds and membrane if less heat is desired.



6. Get ready to serve

Stir the **jalapeno** and **spinach** into the **quinoa** and season with **salt and pepper**. Slice the **chicken**. Divide the **quinoa** and **chicken** among plates. Spoon over the **salsa** to serve.