

# MARLEY SPOON



## Spice-Crusted Chicken

with Fennel and Almond Rice



30-40min



2 Portions

Give traditional meat 'n' veg a modern makeover. This dinner is packed with flavour and far from boring. Chicken is dusted with a cinnamon crust, then pan-fried and served with a golden onion and fennel rice, with almonds and a dill dressing. The secret to the juicy seared chicken is using thigh fillets, as their thin layer of fat promotes tenderness and moisture.

## What we send

- 15

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- Dijon mustard <sup>17</sup>
- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- water

## Utensils

- baking paper
- mandoline (optional)
- medium frypan
- medium saucepan
- oven tray

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

## Cooking tip

~If using a sharp knife, trim the fennel stalks and cut the bulb in half lengthwise. Put on a board, cut-side down, then finely slice.

## Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

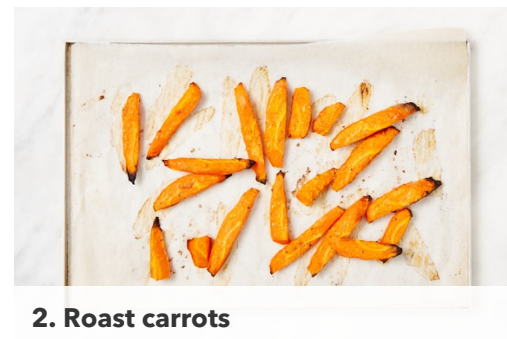
## Nutrition per serving

Energy 650kcal, Fat 28.7g, Carbs 57.5g, Proteins 36.4g



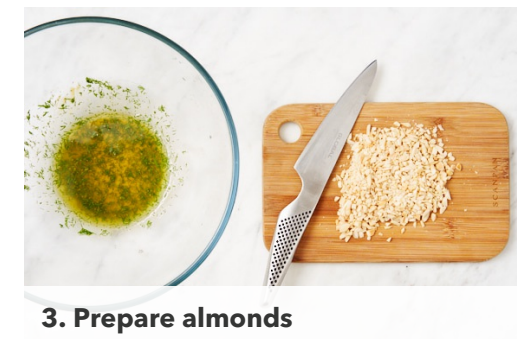
1. Cook rice

**Read through the recipe.** Heat the oven to 220C, fan-forced. Bring **1L (4 cups) water** to the boil in a medium saucepan. Add the **rice** and cook for 25 mins or until tender. Drain and transfer to a large bowl.



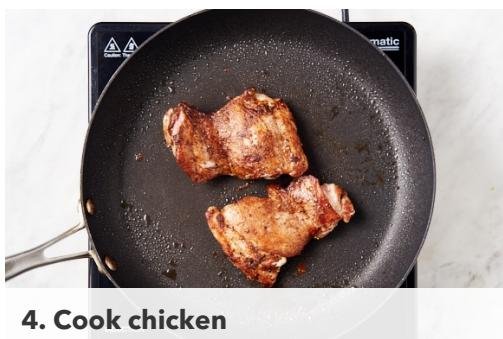
2. Roast carrots

Meanwhile, line an oven tray with baking paper. Peel and halve the **carrot** lengthwise, then thickly slice on an angle. Put on the lined tray, drizzle with **1 tsp red wine vinegar** and **½ tsp olive oil**, season with **salt and pepper** and toss to combine. Roast for 15 mins or until just tender. Meanwhile, finely chop the **dill** sprigs, discarding the stems.



3. Prepare almonds

Put the **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan. Put **2 tsp dill**, **3 tsp red wine vinegar**, **1½ tsp extra virgin olive oil** and **1 tsp dijon mustard** in a bowl, season with **salt and pepper** and whisk to combine. Finely chop the almonds and set aside.



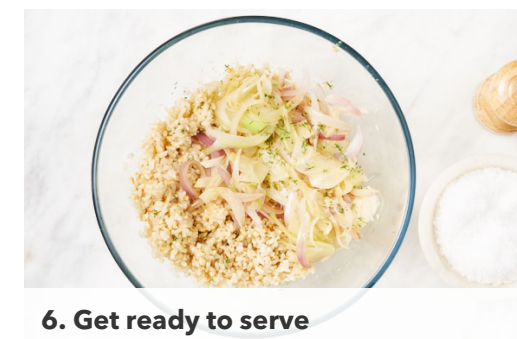
4. Cook chicken

Combine **½ tsp cinnamon\*\*** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Heat the reserved pan over high heat. Cook the chicken for 4 mins each side or until cooked through. Transfer to a plate and rest for 4 mins.



5. Cook fennel

Meanwhile, trim the **fennel** and thinly slice with a mandoline or sharp knife (see cooking tip). Cut the **onion** into wedges. Heat **2 tsp olive oil** in the pan over high heat. Cook the fennel and onion, stirring regularly, for 5 mins or until softened. Add **60ml (¼ cup) water** and cook, stirring, for 1 min or until the liquid is slightly reduced.



6. Get ready to serve

Add the **rice**, **almonds** and **fennel mixture** to the dill dressing and stir to combine. Transfer the **carrots** to a bowl, add the **remaining dill** and toss to combine. Slice the **chicken**. Divide the **rice**, **chicken** and **carrot** among serving plates to serve.