

MARLEY SPOON



Spice-Crusted Chicken

with Fennel and Almond Rice



30-40min



4 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
- 2 baby fennel bulbs

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

What you'll require

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

Utensils

- baking paper
- large frypan
- mandoline (optional)
- 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.

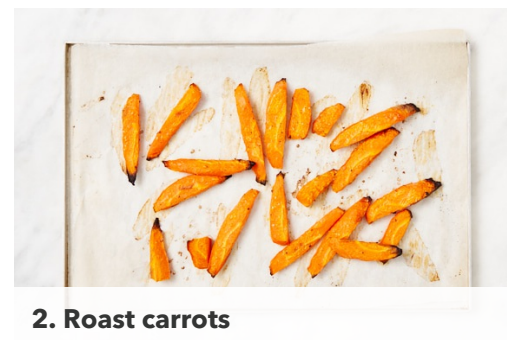
Nutrition per serving

Energy 650kcal, Fat 28.7g, Carbs 57.6g, Proteins 36.5g



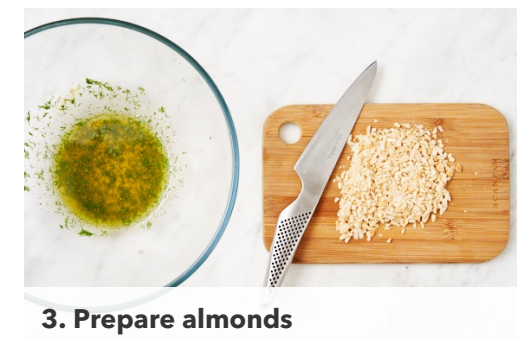
1. Cook rice

Read through the recipe. Heat the oven to 220C, fan-forced. Bring **1.5L (6 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.



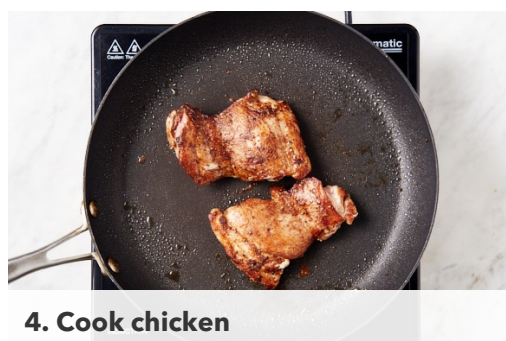
2. Roast carrots

Meanwhile, line an oven tray with baking paper. Peel and halve the **carrots** lengthwise, then thickly slice on an angle. Put on the lined tray, drizzle with **2 tsp red wine vinegar** and **1 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 large frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan. Put **1 tbs dill**, **1½ tbs red wine vinegar**, **3 tsp extra virgin olive oil** and **2 tsp dijon mustard** in a bowl, season with **salt and pepper** and whisk to combine. Finely chop the almonds and set aside.



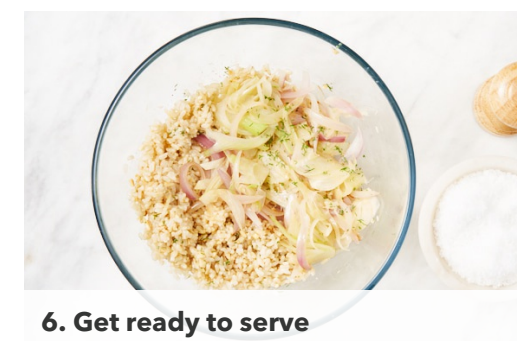
4. Cook chicken

Combine **1 tsp cinnamon**** and **1 tbs 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 **1 tbs olive oil** in the pan over high heat. Cook the fennel and onion, stirring regularly, for 5 mins or until softened. Add **125ml (½ 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.