



**FAST**

**LOW CARB**

## Piri Piri Grilled Chicken

with Grilled Bread & Tomato Salad



20-30min



4 Servings

If you don't have a grill or grill pan, heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until lightly charred and cooked through, 2-3 minutes per side. Transfer chicken to a plate. Add rolls to skillet and cook until lightly toasted, 1-2 minutes per side.

## What we send

- plum tomatoes
- fresh cilantro
- shallot
- mini French rolls <sup>1</sup>
- mayonnaise <sup>3,6</sup>
- baby arugula
- garlic
- piri piri spice
- boneless, skinless chicken breasts

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

### Allergens

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 680kcal, Fat 45g, Carbs 27g, Proteins 40g



### 1. Season chicken

Pat **chicken** dry. In a shallow bowl, combine **2 tablespoons oil**, **2-3 teaspoons of the piri piri seasoning** (depending on heat preference), **1 teaspoon salt**, and **a few grinds pepper**. Transfer chicken to the shallow bowl and rub all over with **piri piri oil**. Let marinate, turning occasionally, until step 5.



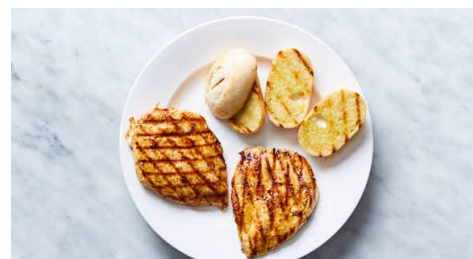
### 4. Season mayonnaise

In a small bowl, combine **all of the mayonnaise**, **remaining chopped garlic**, and **a pinch of the piri piri seasoning**. Stir in **2 teaspoons each oil and water**. Season to taste with **salt and pepper**.



### 2. Prep ingredients

Peel **2 large garlic cloves**. Finely chop 1 teaspoon garlic, keeping 2nd clove whole. Peel and thinly slice **half of the shallot**. Core **tomato**, then halve lengthwise and slice crosswise into ½-inch thick half-moons. Finely chop **cilantro leaves and stems** together. Cut **rolls** in half lengthwise, then brush generously all over with **oil**.



### 5. Grill chicken & rolls

Preheat a grill or grill pan to high. Brush grill grates lightly with **oil**. Add **chicken** to grill or grill pan and cook until lightly charred and cooked through, about 4 minutes per side. Transfer to plates. Add **rolls** and grill until warm and lightly charred, 2-3 minutes per side. Rub **cut sides of bread** with **whole garlic clove**; transfer to plates with chicken.



### 3. Assemble salad




In a large bowl, combine **½ teaspoon of the chopped garlic**, **1½ tablespoons vinegar**, and **3 tablespoons oil**. Season with **a pinch each salt and pepper**. Add **tomatoes, sliced shallots**, and **⅔ of the chopped cilantro**; stir to combine.



### 6. Finish & serve

Add **arugula** and **shallots** to the bowl with **marinated tomatoes**, and toss to combine. Season to taste with **salt and pepper**. Garnish **chicken** with **remaining cilantro**. Serve with **rolls and salad** alongside. Serve **seasoned mayo** on the side for dipping the **chicken**, or spread a little on the cut-side of the **rolls** to build open-faced sandwiches. Enjoy!

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

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