

MARLEY SPOON



Macadamia Chicken

with Greens and Brown Butter



25min



2 Portions

At Marley Spoon, we're passionate about local ingredients, especially Australia's unique indigenous herbs and spices. Prized for its refreshing lemon-lime flavour, lemon myrtle comes from Australia's East Coast, around northern NSW and southern Queensland. Paired with baked chicken, roasted macadamia, wilted lettuce and nutty brown butter, it makes an elegant dinner.

What we send

- 150g green beans
- 1 baby cos lettuce
- 20g macadamia nuts ¹⁵
- 1 large free-range chicken breast fillet
- 5g lemon myrtle
- 150g peas

What you'll require

- olive oil
- sea salt and pepper
- dijon mustard ¹⁷
- butter ⁷

Utensils

- oven tray
- baking paper
- small saucepan
- medium frypan
- sieve

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

Allergens

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

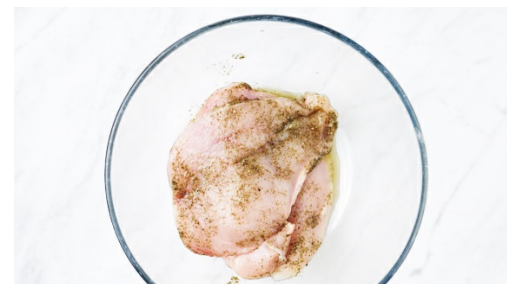
Nutrition per serving

Energy 570kcal, Fat 37.4g, Carbs 10.3g,
Proteins 44.3g



1. Prepare ingredients

Read through the recipe. Heat the oven to 200C, fan-forced. Line an oven tray with baking paper. Trim the **beans**. Discard the outer leaves of the **lettuce**, if necessary, then trim the root (but not the leaves) and cut in half lengthwise. Coarsely chop the **macadamias**.



2. Marinate chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put **half the lemon myrtle** (the remaining lemon myrtle won't be used in this dish) and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Add the chicken and turn to coat.



3. Prepare chicken

Bring a small saucepan of salted water to the boil for the beans. Heat a medium frypan over medium-high heat. Cook the **chicken** for 1-2 mins each side until light golden. Transfer the chicken to the lined tray, reserving the pan. Spread **½ tsp dijon mustard** over the top of each chicken fillet and top with the **macadamias**, pressing to cover the surface evenly.



4. Cook beans

Bake the **chicken** for 6-8 mins until the crust is golden and the chicken is cooked through. Remove from the oven and rest for 5 mins. While the chicken is baking, cook the **beans** in the pan of boiling water for 1 min. Add the **peas** and cook for a further 2 mins or until the beans are just tender. Drain well.



5. Make brown butter

Wipe the saucepan dry. Melt **20g butter** in the saucepan over medium heat, then cook, swirling the pan, for 1 min or until the butter is golden brown and has a nutty aroma. Add the **beans** and **peas** to the brown butter and cook for 1 min or until heated through.



6. Cook lettuce

Meanwhile, heat **1 tbs olive oil** in the reserved frypan over high heat. Add the **lettuce** and cook for 1-2 mins each side until golden. Remove from the pan and cut into quarters, lengthwise. Divide the **chicken** and **vegetables** among plates. Drizzle with the **brown butter** and any pan or resting juices to serve.