



# MARLEY SPOON



## Chicken with Broccolini & Cranberry-Orange Gluten-Free Grains

 30-40min  2 Servings

Orange and cranberry are a classic pairing that works well in sweet or savory preparations—we've opted to use this flavor combo in a brown rice and quinoa pilaf, which gives these hearty grains a bright citrusy sweet flavor along with toasted slivered almonds for a nutty crunch. The pilaf is topped with a tender pan seared chicken breast and super flavorful roasted broccolini. Cook, relax, and ...

## What we send

- quick cooking brown rice
- broccolini
- boneless, skinless chicken breast
- navel orange
- red quinoa
- dried cranberries
- turkey broth concentrate
- shallot
- 15

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- medium saucepan
- medium skillet
- rimmed baking sheet

## Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 900kcal, Fat 45g, Carbs 78g, Protein 49g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium saucepan of **salted water** to a boil. Peel and finely chop **shallot**. Reserve **2 tablespoons chopped shallot** for step 6. Zest **1 teaspoon orange zest** then squeeze **¼ cup juice**, keeping separate.



### 4. Toast almonds

Heat **1 teaspoon oil** in a medium skillet over medium. Add **almonds** and cook until toasted and fragrant, about 3 minutes. Transfer to a cutting board and sprinkle with **salt**.



### 2. Make pilaf

Add **rice** to boiling water. Boil for 7 minutes. Add **quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve. Heat **1 tablespoon oil** in same saucepan over medium-high. Add **shallots**; cook until softened, 2-3 minutes. Return **1½ cups grains** (save rest for own use) to saucepan; add **cranberries**. Cover to keep warm.



### 5. Sear chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **½ teaspoon salt** and a **few grinds pepper**. Heat **1 tablespoon oil** same medium skillet over medium-high. Add **chicken** and cook until well browned and cooked through, about 3 minutes per side. Transfer to a plate.



### 3. Roast broccolini

Trim stem ends from **broccolini**. Halve lengthwise if large. On a rimmed baking sheet, toss broccolini with **2 tablespoons oil** and season with **salt** and **pepper**. Bake on the upper oven rack until golden brown and tender, 12-15 mins.



### 6. Make sauce & finish

Add **reserved shallots** and **1 teaspoon oil** to skillet; cook until golden brown, 2-3 minutes, scraping up any browned bits. Add **broth concentrate**, **orange juice** and **¼ cup water**. Simmer until **sauce** is slightly thickened and reduced to ¼ cup. Stir **almonds** and **orange zest** into pilaf. Serve **chicken** alongside **broccolini** and **pilaf**. Spoon **sauce** over \_\_chicke...