

# MARLEY SPOON



## Make it Carb Conscious

Lemon-Garlic Chicken Thighs



20-30min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower rice.



## What we send

- 1 lemon
- 3 oz baby spinach
- ¼ oz fresh parsley
- 12 oz pkg boneless, skinless chicken thighs
- 1 pkt chicken broth concentrate
- 1 head cauliflower

## What you need

- olive oil
- kosher salt & ground pepper
- all-purpose flour<sup>1</sup>
- garlic

## Tools

- microplane or grater
- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 480kcal, Fat 31g, Carbs 15g, Protein 41g



### 1. Prep ingredients

Finely grate **¼ teaspoon lemon zest**, then squeeze **2 teaspoons lemon juice** into a small bowl, keeping them separate. Finely chop **1 teaspoon garlic**. Coarsely chop **spinach**. Pick **1 tablespoon whole parsley leaves** from **stems**; reserve for step 6. Finely chop remaining parsley leaves and stems together.



### 4. Prep & brown chicken

Pat **chicken** dry, then toss to coat with **1 tablespoon flour** and season with **salt** and **pepper**.

Heat **1½ tablespoons oil** in same skillet over high. Transfer **chicken** to skillet, then reduce heat to medium-high. Cook until golden brown on both sides, 3–4 minutes. Transfer chicken to a plate.



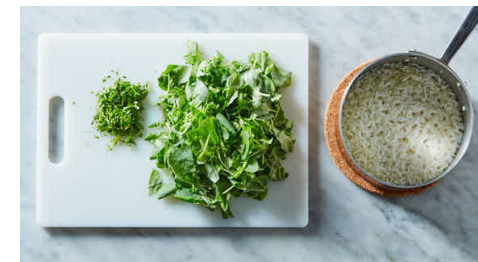
### 2. Prep cauliflower rice

Halve **cauliflower**. Holding the stem end, grate one half of the cauliflower (save rest for own use) on the slicing part of a box grater, creating small bits that resemble rice; measure out 4 cups of the cauliflower rice. (Alternatively, cut cauliflower into florets and pulse in food processor until riced.)



### 5. Make pan sauce

Add **lemon zest**, **chopped garlic**, and **1 tablespoon oil** to the skillet. Cook, stirring, until fragrant, about 30 seconds. Whisk in **lemon juice**, **chicken broth concentrate**, and **1¼ cups water**. Return **chicken thighs and any juices** to skillet. Bring liquid to a boil, then cover. Reduce heat to medium; braise until chicken is cooked through, about 6 minutes. Transfer chicken to a plate.



### 3. Cook cauliflower rice

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Add **spinach** and **chopped parsley** to skillet. Transfer to a bowl; cover and set aside. Wipe out skillet and reserve for step 4.



### 6. Finish & serve

Bring liquid in skillet back to a boil; whisk in **1 teaspoon flour**. Cook, whisking, until sauce coats the back of a spoon, 1–2 minutes; season with **salt** and **pepper**. Return **chicken** to skillet, turning to coat in sauce. Stir **spinach** and **parsley** into **cauliflower rice**. Serve **chicken** with **sauce**, and **cauliflower rice**; garnish with **remaining parsley**. Enjoy!