

MARLEY SPOON



LOW CARB

LOW CALORIE

Grilled Caribbean Chicken

with Pineapple Salsa & Crisp Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with the top rack 6 inches from the heat source. Place onions on a rimmed baking sheet and broil on top rack until lightly charred, 5-7 minutes. Heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until golden and cooked through, about 3-4 per side.

What we send

- boneless, skinless chicken breasts
- pineapple
- romaine heart
- red onion
- queso blanco ⁷
- lime
- Fresno chile
- fresh cilantro
- jerk spice blend ^{1,6}

What you need

- kosher salt & ground pepper
- olive oil

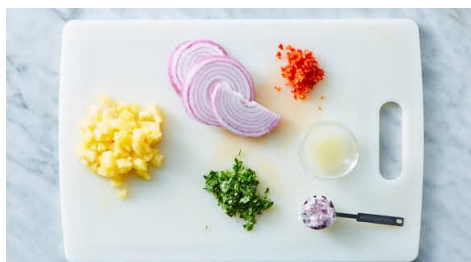
Tools

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

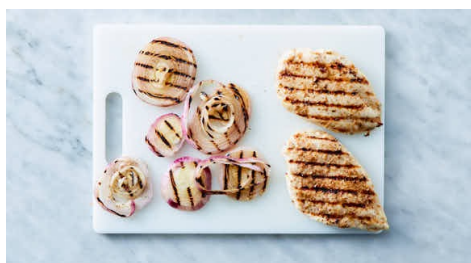
Nutrition per serving

Calories 500kcal, Fat 25g, Carbs 33g, Protein 43g



1. Prep salsa

Cut **pineapple** into ¼-inch pieces. Squeeze **1 tablespoon lime juice** into a small bowl. Halve **Fresno chile**, remove stem and seeds, then finely chop 1-2 tablespoons (depending on heat preference). Finely chop **cilantro leaves and stems** together. Peel **onion**, then slice into ¼-inch thick rings. Finely chop 1 tablespoon of the onion, leaving remaining rings intact.



4. Grill onions & chicken

Reduce grill or grill pan heat to medium-high. Add **onions** and cook, turning once or twice, until lightly charred and tender, 5-7 minutes. Add **chicken** and cook until lightly charred and cooked through, 3-4 minutes per side.



2. Make pineapple salsa

In a medium bowl, stir together **pineapple, chopped chile and onions, half of the cilantro, 1 teaspoon of the lime juice, and 2 teaspoons oil**. Season to taste with **salt and pepper**.



5. Prep salad & dressing

While **chicken** and **onions** grill, halve **romaine** lengthwise, then thinly slice crosswise, discarding end. Halve **cucumber** lengthwise (peel if desired), then thinly slice into half-moons. In a large bowl, whisk **remaining 2 teaspoons lime juice** with **2 tablespoons oil**.



3. Prep onions & chicken

Preheat a grill or grill pan to high. Drizzle **onions** with **oil** and season with **salt** and **pepper**. Pat **chicken** dry, rub lightly with **oil**, and season all over with **1½-2½ teaspoons of the jerk seasoning** (depending on heat preference).



6. Finish & serve

Add **romaine, cucumbers, and remaining cilantro** to bowl with **dressing**. Crumble in **queso blanco** and toss to coat. Season to taste with **salt** and **pepper**. Serve **chicken** topped with **pineapple salsa** and with **salad** and **grilled onion rings** alongside. Enjoy!