

MARLEY SPOON



Fast! Chicken à l'Orange

with Apple-Fennel Sauté & Spinach



30min



2 Servings

The classic French duck a l'orange is a complicated dish best served in restaurants. In our home version we brown tender chicken breasts and serve them with a bright and tangy homemade orange sauce that comes together in a breeze. On the side is a unique vegetable-forward dish with sautéed fennel, apples, and spinach. There are lots of bright, sweet-and-sour flavors here to transport your palate to the sunny South of France.

What we send

- 1 bulb fennel
- 1 apple
- 12 oz pkg boneless, skinless chicken breasts
- 1 orange
- ½ oz whole-grain mustard
- ½ oz honey
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium skillet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 420kcal, Fat 15g, Carbs 30g, Protein 42g



1. Prep ingredients

Halve **fennel bulb**, remove and discard core, and thinly slice. Quarter **apple**, discard core, and thinly slice each quarter. Pat **chicken** dry, then season all over with **salt** and **pepper**.



4. Make orange sauce

Meanwhile, finely grate **2 teaspoons orange zest** and squeeze **all of the orange juice** into a small bowl. Whisk in **mustard, honey**, and **1 tablespoon water**. Season **orange sauce** to taste with **salt** and **pepper**.



2. Cook pork

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a plate and cover to keep warm. Return skillet to stovetop.



5. Cook sauce & finish

Add **orange sauce** and **any resting chicken juices** to reserved skillet. Cook over medium heat, stirring and scraping up any brown bits, until sauce is thick enough to coat the back of a spoon, 2-3 minutes.

Slice **chicken**, if desired. Arrange **chicken** over **fennel and apples** and spoon **orange sauce** over top.



3. Cook fennel & apples

Heat **1 tablespoon butter** in same skillet over medium. Add **fennel** and **apples**; season with **salt** and **pepper**. Cook, covered, until softened, 5-7 minutes. Stir in **spinach** and cook until just wilted, 1-2 minutes. Transfer mixture to a serving platter and cover to keep warm. Reserve skillet for step 5.



6. Serve

Enjoy!