

MARLEY SPOON



Grilled Jerk-Spiced Chicken

with Pineapple Salsa & Crisp Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. 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, 3-4 minutes per side.

What we send

- 4 oz fresh pineapple
- 1 lime
- 1 Fresno chile
- ¼ oz fresh cilantro
- 1 red onion
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz jerk seasoning ^{1,6}
- 1 romaine heart
- 1 cucumber
- 2 oz feta ⁷

What you need

- olive oil
- kosher salt & pepper

Tools

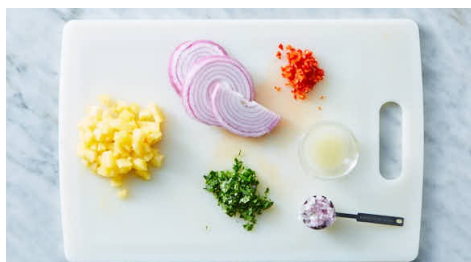
- grill or grill pan

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

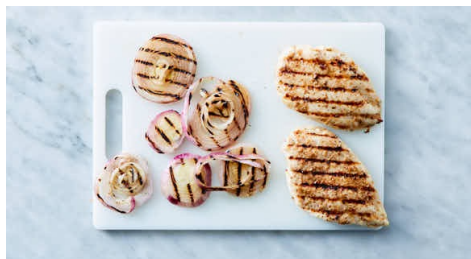
Calories 520kcal, Fat 26g, Carbs 28g, Protein 46g



1. Prep salsa

Preheat a grill to high, if using.

Cut **pineapple** into ¼-inch pieces. Squeeze **1 tablespoon lime juice** into a small bowl. Halve **Fresno pepper**, discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems**. Slice **onion** into ¼-inch thick rings. Finely chop 1 tablespoon onion, leaving remaining rings intact.



4. Grill onions & chicken

Reduce grill or grill pan heat to medium-high. Add **onion rings** and cook, turning once or twice, until lightly charred and tender, 5-7 minutes. Transfer to a cutting board.

Add **chicken** to grill or grill pan and cook until lightly charred and cooked through, 3-4 minutes per side.



2. Make pineapple salsa

In a medium bowl, stir to combine **pineapple**, **chopped onions**, **half of the cilantro**, **1 teaspoon of the lime juice**, and **2 teaspoons oil**. Stir in **1-2 tablespoons Fresno peppers** (depending on heat preference). Season to taste with **salt** and **pepper**.



5. Prep salad & dressing

Meanwhile, halve **lettuce** lengthwise, then thinly slice crosswise; discard stem end. Halve **cucumber** lengthwise (peel, if desired), then thinly slice into half moons.

In a large bowl, whisk to combine **remaining 2 teaspoons lime juice** and **2 tablespoons oil**.



3. Prep onions & chicken

Preheat a grill pan over high, if using.

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 jerk seasoning** (depending on heat preference).



6. Finish salad & serve

Add **lettuce**, **cucumbers**, and **remaining cilantro** to bowl with **lime dressing**. Crumble in **feta** and toss to combine. Season to taste with **salt** and **pepper**.

Serve **chicken** topped with **pineapple salsa** and with **salad** and **grilled onion rings** alongside. Enjoy!