MARLEY SPOON



Grilled Pollo Asado & Fresh Salsa

with Grilled Peppers & Onions





30-40min 2 Servings

Dig into this savory, veggie-centric meal! We toss onions and peppers with taco seasoning before grilling to get that tender char. Lean chicken breasts get smoky on the grill, then rest in a post-marinade of lime dressing. This method adds a ton of quick flavor without compromising the texture of the meat. The dressing also serves as a base for a fresh tomato salsa, and a final sprinkle of feta adds satisfying creaminess.

What we send

- garlic
- 1 lime
- ¼ oz fresh cilantro
- 1 yellow onion
- 1 bell pepper
- 1/4 oz taco seasoning
- 12 oz pkg boneless, skinless chicken breasts
- 1 plum tomato
- 2 oz feta ⁷

What you need

- neutral oil
- kosher salt & ground pepper

Tools

grill or grill pan

Cooking tip

Broil veggies on baking sheet in upper third until tender and lightly charred, 4-8 min. Heat oiled skillet over medium-high; cook chicken until golden brown and cooked through, 3-4 min per side.

Allergens

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

Nutrition per serving

Calories 560kcal, Fat 36g, Carbs 19g, Protein 46g



1. Make lime dressing

Finely chop 1 teaspoon garlic. Squeeze 1 tablespoon lime juice into a medium bowl, then cut any remaining lime into wedges. Pick cilantro leaves from stems; finely chop stems and keep leaves whole. In the medium bowl with lime juice, whisk to combine chopped garlic, cilantro stems, and 2 tablespoons oil. Season to taste with salt and pepper.



4. Grill chicken & veggies

Working in batches if necessary, add chicken, peppers, and onions to grill or grill pan in a single layer. Cook chicken until browned and cooked through, 3-4 minutes per side. Transfer to bowl with lime dressing; let rest, turning occasionally, 5 minutes. Cook peppers and onions, turning occasionally, until charred and tender, 8-12 minutes. Transfer to a plate.



2. Prep veggies

Cut **onion** crosswise into ½-inch thick rounds. Halve pepper, remove stem and seeds, then cut into 2-inch wide strips. In a second medium bowl, whisk to combine 2 teaspoons of the taco seasoning and 2 tablespoons oil. Add onions and peppers to bowl with taco oil, and toss gently to coat, keeping onion rounds intact. Season with salt and pepper.



Pat chicken dry, then season with salt and pepper. Lightly oil grill grates or grill pan, then heat to medium-high.



5. Prep tomato

Core tomato, then halve lengthwise and thinly slice into half-moons. Lift **chicken** out of lime dressing (reserve dressing for step 6). Thinly slice chicken.



6. Finish & serve

To the bowl with reserved lime dressing, add tomatoes and cilantro leaves: toss to combine. Season to taste with salt and pepper. Garnish grilled onions and peppers with feta, as desired. Serve chicken, tomatoes, and any juices on plates with grilled onions and peppers alongside, and with lime wedges for squeezing over. Enjoy!