

# MARLEY SPOON



## Chinese BBQ Bowl with Ready to Heat Chicken

Mint, Radishes & Cucumber



under 20min



2 Servings

A long day calls for a delicious meal that takes little to no time to prepare. We cut the prep for this fresh and healthy bowl with Chinese-inspired flavors. Ready to heat chicken gets smothered in a hoisin sauce for that barbecue flavor, and mixed with fresh romaine and mint. It's a light meal that fills you up without sacrificing your time.



## What we send

- ½ lb pkg ready to heat chicken
- 2 oz hoisin sauce <sup>1,6,11</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 1 romaine heart
- 1 radish
- 1 cucumber
- 1 oz rice vinegar
- ¼ oz fresh mint
- 1 lime

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet

### Cooking tip

Hoisin is a thick sauce consisting of fermented soybeans, garlic, spices and sugar. It's similar to BBQ sauce, but is saltier and less sweet. Hoisin works great as a marinade or in a stir-fry.

### Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 310kcal, Fat 9g, Carbs 27g, Protein 29g



### 1. Season chicken

Preheat broiler with a rack in the top position. In a medium bowl, break **shredded chicken** into bite-size pieces. Add **2 tablespoons hoisin sauce** to chicken, stirring gently to combine. In a small bowl, whisk **1 teaspoon water** into the remaining hoisin sauce and reserve for step 6.



### 2. Broil chicken

Place **chicken** on a rimmed baking sheet in an even layer. Broil on top oven rack until heated through and crispy in parts, about 6-8 minutes (watch closely as broilers vary). Sprinkle with **toasted sesame seeds**.



### 3. Prep veggies

Meanwhile, chop **romaine** crosswise into 2-inch ribbons down to end, discarding stem end. Trim **radishes**, then thinly slice. Trim ends from **cucumber**, peel one half, and thinly slice (save rest for own use).



### 4. Make salad

Combine **romaine, sliced cucumbers, and radishes** in a medium bowl. Sprinkle with **1 tablespoon oil** and **1 teaspoon rice vinegar**; season to taste with **salt and pepper**.



### 5. Cut lime & pick mint

Pick **mint leaves** from stems. (Pro tip: Pinch your thumb and pointer finger together and run from the top of the stem down to remove leaves quickly). Cut **lime** into wedges.



### 6. Serve

Spoon **salad** into bowls and top with **chicken** and **mint leaves**. Drizzle **reserved hoisin sauce** on top and serve with **lime wedges** on the side for squeezing over, if desired. Enjoy!