

MARLEY SPOON



Chicken Spiedie & Arugula Salad

with Grilled Garlic Bread



30-40min



2 Servings

If you don't have a grill or a grill pan, heat 2 teaspoons oil in a heavy skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate. Preheat broiler with a rack in the top position. Broil bread directly on oven rack until toasted, 1-2 minutes (watch closely as broilers vary).

What we send

- 2 oz roasted red peppers
- garlic
- ¼ oz fresh oregano
- ¾ oz Parmesan ⁷
- 1 oz mayonnaise ^{3,6}
- 12 oz pkg boneless, skinless chicken breasts
- 1 ciabatta roll ¹
- 5 oz arugula

What you need

- red wine vinegar (or white wine vinegar)
- olive oil
- kosher salt & ground pepper

Tools

- grill or grill pan
- microplane or grater
- meat mallet (or heavy skillet)

Cooking tip

No grill or grill pan? See the front of the recipe card for alternative cooking instructions.

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 510kcal, Fat 24g, Carbs 27g, Protein 49g



1. Prep ingredients

Preheat grill to high, if using.

Finely chop **roasted red peppers**, if necessary. Finely chop **1 teaspoon garlic**. Halve **1 large garlic clove**; set aside for step 5. Pick and coarsely chop **1 tablespoon oregano leaves**; discard stems.

Finely grate **Parmesan**.



4. Grill chicken

Preheat grill pan over medium-high, if using.

Add **chicken** to grill or grill pan and cook until charred and cooked through, 2-4 minutes per side. Transfer to bowl with **post-marinade** and turn to coat.



2. Make post-marinade

In a medium bowl, combine **peppers, chopped oregano and garlic, 2 tablespoons vinegar, 1 tablespoon oil, and a pinch each of salt and pepper**.

In a small bowl, whisk to combine **Parmesan, mayonnaise, and 1 tablespoon water**. Season to taste with **salt and pepper**.



5. Grill bread

Split **bread** and drizzle cut sides with **oil**. Transfer cut-side down to grill or grill pan and toast until charred and warmed through, 30-60 seconds. Remove and immediately rub grilled surface with **halved garlic clove**; sprinkle with **salt**.



3. Pound & season chicken

Pat **chicken** dry. Place between 2 sheets of plastic. Use a meat mallet (or heavy skillet) to pound to an even ¼-inch thickness. Season generously with **salt and pepper** and drizzle with **oil**.



6. Serve

Serve **chicken** with **any remaining marinade** over top. Drizzle **creamy Parmesan dressing** over **arugula** and serve alongside with **garlic bread**. Enjoy!