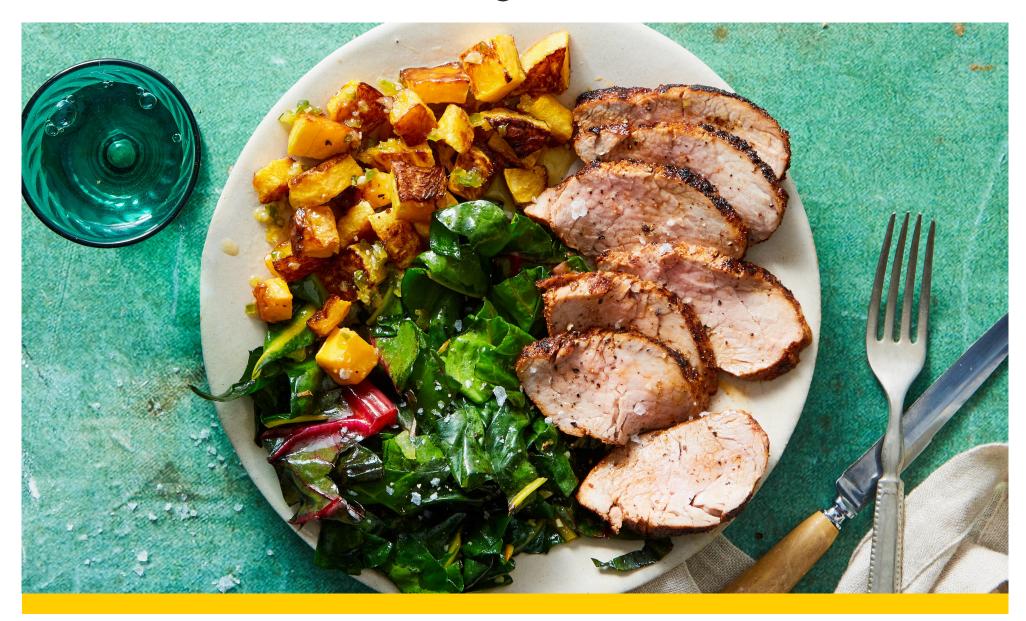
MARLEY SPOON



Berbere Roast Chicken Breast

with Honey Butter-Glazed Squash





30-40min 2 Servings

Berbere is a lively mix of ground herbs and spices like chili peppers, garlic, ginger, nigella, and fenugreek. It is a key ingredient in Ethiopian and Eritrean cuisines, but we like to use this aromatic blend in all kinds of meat and veggie dishes. Here, we use it to add a warming heat to roasted chicken breast. Sweet honey butter-glazed butternut squash and tender Swiss chard are the perfect sides to balance the heat.

What we send

- 1/4 oz berbere spice blend
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz fresh ginger
- garlic
- 1 jalapeño chile
- 1 bunch Swiss chard
- ½ lb butternut squash
- 2 (½ oz) honey

What you need

- · olive oil
- kosher salt & ground pepper
- butter 7

Tools

- · rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 39g, Carbs 33g, Protein 42g



1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. In a medium bowl, combine 1 tablespoon oil, 2¼ teaspoons berbere spice, and a generous pinch of salt. Pat chicken dry, then add to marinade, rubbing all over to coat. Set aside until step 4.



2. Prep ingredients

Finely chop 2 teaspoons each of peeled ginger and garlic. Finely chop 1 tablespoon jalapeño (or more, or less depending on heat preference). Remove Swiss chard leaves from tough stems; discard stems. Cut leaves into 1-inch wide ribbons. Cut butternut squash into ½-inch pieces.



3. Roast butternut squash

On a rimmed baking sheet, toss **squash** with **1 tablespoon oil** and **a generous pinch of each salt and pepper**. Roast on upper oven rack until squash are tender and lightly browned, about 12 minutes. Remove from oven and use a spatula to flip squash.



4. Sear & roast chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and sear until well browned, 2-3 minutes per side. Transfer chicken to baking sheet with **squash**. Roast on upper oven rack until squash is well browned and chicken is cooked through and reaches an internal temperature of 165°F, about 10 minutes. Wipe out skillet and return to stovetop.



5. Cook Swiss chard

Heat 1 tablespoon oil and 1 teaspoon of the chopped garlic in same skillet over medium-high until fragrant, about 1 minute. Add Swiss chard leaves in handfuls, stirring after each addition, until tender, 3–5 minutes. Season to taste with salt and pepper. Transfer to a bowl and cover to keep warm. Wipe out skillet.



6. Glaze squash & serve

Heat **2 teaspoons oil** in same skillet over medium-high. Add **chopped jalapeños**, **ginger**, **and remaining garlic**; cook until lightly browned, 1-2 minutes. Add **honey** and **2 tablespoons butter**. Simmer, stirring, until butter is melted and sauce is smooth. Stir in **squash**; season to taste with **salt**. Thinly slice **chicken** and serve with **glazed squash** and **Swiss chard**. Enjoy!