

MARLEY SPOON



Molasses-Glazed Chicken

with Baked Beans & Ranch Slaw



30min



2 Servings

It's hard to improve on a tried and true staple like pork and beans—but that didn't stop us! Here we swap in chicken breast and combine ready-made barbecue sauce with tangy mustard, fresh garlic, and sweet molasses powder for a rich, complex sauce that does double duty: glazing the chicken and using it to make quick, homemade baked beans. We toss shredded cabbage in ranch dressing to balance this sweet and savory plate

What we send

- garlic
- 2 oz barbecue sauce
- 2 oz molasses powder
- 1 pkt chicken broth concentrate
- 15 oz can pinto beans
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1 oz) sour cream ⁷
- ¼ oz ranch seasoning ⁷
- 14 oz cabbage blend
- ¼ oz Dijon mustard

What you need

- neutral oil
- kosher salt & ground pepper

Tools

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

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 18g, Carbs 87g, Protein 52g



1. Cook BBQ glaze

Finely grate **1 teaspoon garlic**. Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **barbecue sauce, molasses powder, broth concentrate, mustard, ½ cup water**, and **garlic**; simmer until thickened, 2-4 minutes. Spoon **3 tablespoons of the glaze** into a small bowl; reserve for step 4.



4. Cook chicken

Reduce grill pan heat to medium; add **chicken** and cook until browned and cooked through (reaches 165°F internally), 3-4 minutes per side.

Brush **half of the reserved glaze** all over chicken and cook, turning, until glaze is charred in spots, about 1 minute more. Transfer to plates.



2. Cook beans

Add **beans and their liquid** to saucepan with **barbecue glaze**. Cook over medium-high heat, stirring occasionally, until thick and stewy, 5-6 minutes. Cover to keep warm until ready to serve.



5. Make ranch slaw

While **chicken** cooks, in a medium bowl, combine **sour cream, ranch seasoning**, and **1 tablespoon water**. Add **half of the shredded cabbage blend** (save rest for own use) and toss to coat. Season to taste with **salt and pepper**.



3. Prep chicken

While **beans** cook, preheat a grill pan over medium-high heat. Cut each **chicken breast** horizontally (parallel to cutting board) almost completely in half. Open up like a book and pound to an even ¼-inch thickness; rub with **oil** and season all over with **salt and pepper**.



6. Finish & serve

Brush **chicken** with **remaining glaze**, then slice, if desired. Serve **chicken** with **baked beans** and **ranch slaw** alongside. Enjoy!