

MARLEY SPOON



Fast! Low-Carb Chipotle Glazed Chicken

with Charred Green Bean & Mint Salad



20-30min



2 Servings

We love a recipe where simple ingredients come alive thanks to an irresistible sauce. We whip up a sweet and savory glaze of orange juice, honey, chipotle, and tamari to perfectly complement hearty chicken breast. A refreshing side salad of broiled green beans, radish, orange segments, and mint tempers the heat of the chipotle glazed chicken. Pour yourself a crisp glass of white wine and enjoy this elegant meal!

What we send

- ½ lb green beans
- 1 bag radishes
- 1 shallot
- ¼ oz fresh mint
- 1 orange
- ½ oz honey
- 1 oz chipotle chiles in adobo sauce
- ½ oz tamari soy sauce ¹
- ¼ oz Dijon mustard
- 12 oz pkg boneless, skinless chicken breasts

What you need

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

Tools

- microplane or grater
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 570kcal, Fat 31g, Carbs 34g, Protein 43g



1. Prep ingredients

Preheat oven to broil with a rack 4 inches from heat. Trim stem ends from **green beans**. Thinly slice **radishes**. Thinly slice **half of the shallot**. Pick **mint leaves** from stems. Finely grate **2 teaspoons orange zest**.

Into a small bowl, squeeze **juice of half the orange** (about ¼ cup). Cut away peel and pith from **remaining orange half**; cut flesh into ½-inch pieces.



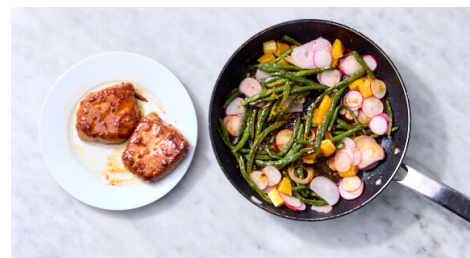
4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a plate to rest, 5 minutes.



2. Broil green beans

On a rimmed baking sheet, toss **green beans** with ½ **tablespoon oil**; season with **salt** and **pepper**. Broil on top rack until beans are blistered and browned in spots, 3-5 minutes. Set aside.



5. Glaze chicken & serve

Add **chipotle mixture** to skillet and simmer over medium heat until thick and syrupy, 2-3 minutes. Return **chicken** and any accumulated juices to skillet and spoon with **glaze** until glazed and sticky; return chicken to plate. Add **green beans, radish, orange pieces, shallots, mint** and **vinaigrette** to skillet, off heat, and toss to coat; season to taste. Serve with **chicken**. Enjoy!



3. Make glaze & vinaigrette

To bowl with **orange juice**, whisk in **honey, chipotle (use half for less spice), half of the orange zest**, and **1 teaspoon each of tamari and vinegar**.

In a separate small bowl, whisk together **mustard, remaining orange zest, 1 tablespoon vinegar**, and ½ **teaspoon tamari**. Gradually whisk in **3 tablespoons oil**.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.