

# 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 <sup>7</sup>
- 1 oz mayonnaise <sup>3,6</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz arugula
- 1 pkg ready to heat garlic bread <sup>1,7</sup>

## 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!