

MARLEY SPOON



West African-Style Chicken Breast

with Peanuts & Carrot Salad



30-40min



2 Servings

Marinate the chicken ahead of time to get a jump start on dinner and allow for the warming flavors of the berbere spice blend to mingle, creating an even more flavorful chicken breast. The chicken can be stored in an airtight container in the refrigerator up to 4 hours before preparing. It's best to take the chicken out 30 minutes before starting the recipe for faster, more even cooking.

What we send

- 2 carrots
- garlic
- ¼ oz fresh cilantro
- 1 oz salted peanuts ⁵
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz berbere spice blend
- 1 lime
- 3 oz couscous ¹
- 6 oz tomato paste
- 1.15 oz peanut butter ⁵

What you need

- neutral oil
- kosher salt & pepper

Tools

- box grater
- rimmed baking sheet
- small saucepan
- medium skillet

Allergens

Wheat (1), Peanuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 38g, Carbs 56g, Protein 54g



1. Prep Ingredients

Preheat oven to 450°F with a rack in the upper third.

Scrub and trim **carrots**; coarsely grate on the large holes of a box grater. Finely grate **1 teaspoon garlic**. Coarsely chop **cilantro leaves and stems**. Coarsely chop **peanuts**.

Pat **chicken** dry and halve crosswise.



4. Cook couscous

In a small saucepan, combine **½ cup water** and **a pinch of salt**. Bring to a boil, then stir in **couscous**. Cover and remove saucepan from heat; let stand 5 minutes. Keep covered until ready to serve.



2. Cook chicken

In a medium bowl, combine **1 tablespoon oil**, **2 teaspoons berbere spice blend**, and **a generous pinch each of salt and pepper**, whisking until smooth.

Add **chicken**, turning to coat. Place chicken on a rimmed baking sheet. Roast on top upper rack until cooked through, about 15 minutes.



5. Make sauce

Heat **1 tablespoon oil** in a medium skillet over medium. Add **2 tablespoons tomato paste** and cook, stirring until slightly darkened, 1-2 minutes. Add **remaining garlic** and **½ teaspoon berbere**; cook until fragrant, 15-30 seconds.

Add **peanut butter** and **½ cup water**; stir until smooth. Cook until sauce is slightly thickened, 1-2 minutes. Season with **salt** and **pepper**.



3. Make salad

Squeeze **2 teaspoons lime juice** into a medium bowl, then stir in **½ of the grated garlic** and **1 tablespoon oil**. Add **carrots** and **cilantro**; toss to combine. Season with **salt** and **pepper**.

Cut **remaining lime** into wedges.



6. Finish & serve

Transfer **roasted chicken** to skillet, turning to coat in **sauce**. Fluff **couscous** with a fork. Serve **chicken** with **couscous** and **carrot salad** alongside. Spoon any **extra sauce** over **chicken**, then garnish with **chopped peanuts**. Pass any **lime wedges** for squeezing, if desired. Enjoy!