

# MARLEY SPOON



## Easy Prep! Chicken Breast & Antipasto Salad

with Red Pepper Relish



ca. 20min



2 Servings

Lean chicken breast roasts in the oven, giving you time to make a savory relish and a flavor-packed salad. We coat the chicken with herbs de Provence, then whip up a tangy relish with roasted red peppers. A crisp salad contains the best of an antipasto platter—pepperoncini, olives, sun-dried tomatoes—that we toss in a garlic-herb vinaigrette. Shredded Parmesan is the final garnish for this low-carb/full flavor meal.



## What we send

- garlic
- 2 oz roasted red peppers
- 1 oz Kalamata olives
- 1½ oz pepperoncini <sup>2</sup>
- ¼ oz fresh parsley
- ¾ oz Parmesan <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz herbs de Provence
- 1 pkt balsamic vinaigrette
- 1 romaine heart
- 2 oz sun-dried tomatoes <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- rimmed baking sheet

## Allergens

Milk (1), Sulphites (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 500kcal, Fat 25g, Carbs 27g, Protein 49g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Finely chop **2 teaspoons garlic**. Finely chop **roasted red peppers**, if necessary. Halve **olives**, if desired. Thinly slice **pepperoncini**, if necessary. Coarsely chop **parsley**.

Finely grate **Parmesan**, if necessary.



### 4. Make salad dressing

In a large bowl, whisk to combine **balsamic vinaigrette** and **remaining chopped garlic and parsley**.



### 2. Cook chicken

Pat **chicken** dry and drizzle with **oil**. Rub with **salt** and coat in **herbs de Provence**. Transfer to a rimmed baking sheet and drizzle with more **oil**.

Bake on center oven rack until internal temperature reaches 165°F, 12-18 minutes.



### 5. Finish salad & serve

Cut or tear **lettuce** into bowl with **dressing**. Add **sun-dried tomatoes**, **olives**, and **pepperoncini**. Toss to coat and season to taste with **salt** and **pepper**.

Slice **chicken** and serve with **red pepper relish** over top and with **antipasto salad** alongside. Garnish salad with **Parmesan**. Enjoy!



### 3. Make red pepper relish

In a small bowl, mix to combine **roasted red peppers**, **half each of the chopped garlic and parsley**, **2 tablespoons oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



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