MARLEY SPOON



Grilled Chicken & Feta-Quinoa Salad

with Zucchini & Red Pepper Relish



If you don't have a grill or grill pan, preheat the broiler with a rack 6 inches from the heat source. Place zucchini on a rimmed baking sheet and broil on top oven rack until lightly charred, 3-5 minutes. Heat 1 tablespoon oil in a heavy skillet over medium-high; add chicken and cook until golden brown and cooked through, 3-4 minutes per side.

What we send

- 3 oz white quinoa
- garlic
- 2 oz roasted red peppers
- ¼ oz dried oregano
- 12 oz pkg boneless, skinless chicken breasts
- 1 zucchini
- 2 scallions
- 1 lemon
- 2 oz feta ¹

What you need

- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)
- · olive oil

Tools

- grill or grill pan
- medium saucepan
- · microplane or grater

Cooking tip

No grill or grill pan? See the front of the recipe card for alternative cooking instructions.

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 34g, Carbs 37g, Protein 50g



1. Cook quinoa

Light a grill to high, if using.

In a small saucepan, combine **quinoa**, **% cup water**, and **½ teaspoon salt** Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until step 5.



2. Prep red pepper relish

Finely chop 1 teaspoon garlic. Finely chop roasted red peppers. In a medium bowl, stir to combine chopped peppers and garlic, 1 tablespoon oil, 1 teaspoon vinegar, and ½ teaspoon dried oregano. Season to taste with salt and pepper.



3. Season chicken & zucchini

Preheat a grill pan over high, if using. Pat **chicken** dry. Trim ends from **zucchini**, then cut into ½-inch thick rounds. Drizzle chicken and zucchini with **oil** and season all over with **salt** and **pepper**. Lightly **oil** grill grates or pan.



4. Grill chicken & zucchini

Transfer **chicken** and **zucchini** to grill or grill pan, then reduce heat to mediumhigh (working in batches, if necessary). Cook, turning occasionally, until chicken is cooked through and zucchini is tender, 5-6 minutes for chicken; 8-10 minutes for zucchini. Transfer chicken to bowl with **red pepper relish** and turn to coat. Transfer zucchini to a plate and cover to keep warm.



5. Prep quinoa salad

Trim scallions, then thinly slice. Finely grate ¼ teaspoon lemon zest and squeeze 2 teaspoons lemon juice into a separate medium bowl. To bowl with lemon zest and juice, add scallions, 1 tablespoon water, and ½ teaspoon vinegar. Whisk in 2½ tablespoons oil until combined, then stir in quinoa. Season to taste with salt and pepper.



6. Finish salad & serve

Crumble **feta** into bowl with **quinoa salad**. Transfer **chicken** to plates and spoon **red pepper relish** on top.

Serve **chicken** alongside **zucchini** and **quinoa salad**. Enjoy!