# MARLEY SPOON



## **Honey Mustard Chicken**

with Charred Broccoli Panzanella Salad

20-30min 2 Servings

This meal ticks all the boxes for a weeknight dinner made in a flash-without sacrificing flavor. Here we pan-roast quick-cooking chicken breasts and top them in a sweet and tangy homemade honey and whole grain mustard sauce. We give Panzanella, an Italian bread salad, a hearty twist by combining toasted ciabatta with charred broccoli, fresh tomatoes, and parsley tossed in a lemony dressing.

#### What we send

- 1/2 lb broccoli
- 1 ciabatta roll <sup>2,3</sup>
- 1 plum tomato
- 1 lemon
- <sup>1</sup>/<sub>4</sub> oz fresh parsley
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt balsamic vinaigrette
- 1 pkt crushed red pepper
- 2 (½ oz) honey
- 1 pkt turkey broth concentrate
- 1 oz whole-grain mustard

#### What you need

- olive oil
- kosher salt & ground pepper
- butter<sup>1</sup>

### Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

#### Alleraens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 660kcal, Fat 34g, Carbs 45g, Protein 46g



## 1. Broil broccoli

Preheat broiler with rack in upper third. Cut **broccoli** into ½-inch florets. Transfer to a rimmed baking sheet and toss with 1 tablespoon oil and a pinch each of salt and pepper. Transfer to upper oven rack and cook until just starting to char, 6-8 minutes.



4. Toast bread

While chicken cooks, toss ciabatta with 2 tablespoons oil and add to baking sheet with **broccoli**. Return to oven until bread is toasted and broccoli is charred and tender, 2-4 minutes more.

To bowl with **dressing**, add **broccoli**, ciabatta, tomatoes, and parsley. Toss to combine.



2. Prep ingredients

Meanwhile, cut or tear **ciabatta** into 1inch pieces. Cut tomato into 1-inch pieces. In a large bowl, finely grate 1 teaspoon lemon zest; cut remaining lemon into wedges. Coarsely chop parsley, removing any large bits of stem.

Pat chicken dry and season all over with salt and pepper.

5. Make sauce and finish

Melt 1 tablespoon butter in skillet. Add

and **2 tablespoons water**. Bring to a

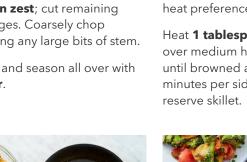
all of the honey, turkey broth, mustard,

simmer and cook, stirring frequently, until

slightly reduced. Season with salt. Return **chicken** to skillet: turn to coat in sauce.

Serve chicken with extra sauce spooned

over top, with lemon wedges and broccoli panzanella salad alongside.





6. Serve

Enjoy!



3. Make chicken & dressing

To bowl with **lemon zest**, add **balsamic** dressing and a pinch of red pepper flakes (or more or less, depending on heat preference).

Heat **1 tablespoon oil** in medium skillet over medium high. Add chicken and cook until browned and cooked through, 2-4 minutes per side. Transfer to plate;

Questions about the recipe? Cooking hotline: 866-228-4513 (Mon - Fri 9AM-9PM) View the recipe online by visiting your account at marleyspoon.com