

# MARLEY SPOON



## 20-Min: Mojo Chicken a la Plancha

with Black Bean & Corn Salad



ca. 20min



2 Servings

When it comes to 20-minute meals, we'll let you in on our secret—it's all about impactful ingredients. Here we combine sweet corn, juicy plum tomatoes, cilantro, and hearty black beans to create a bright salad with a citrusy kick thanks to orange and lime. A flavor-packed marinade made from mayonnaise, ground cumin, and orange and lime zest amps up pan-roasted chicken breasts. And just like that, dinner is ready!



## What we send

- 1 ear of corn
- 4 oz plum tomato
- 1 can black beans
- 1 oz mayonnaise <sup>1,2</sup>
- 1 lime
- 1 orange
- 1 medium red onion
- ¼ oz ground cumin
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh cilantro

## What you need

- olive oil
- white wine vinegar (or red wine vinegar)
- kosher salt & ground pepper

## Tools

- fine-mesh sieve
- microplane or grater
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 700kcal, Fat 36g, Carbs 48g, Protein 51g



### 1. Prep ingredients

Use a knife to carefully cut **corn kernels** from cob. Cut **tomato** into ½-inch pieces. Rinse and drain **black beans**. In a large bowl, combine corn, tomatoes, and black beans. Finely grate **all of the lime and orange zest**. Add half each of the lime and orange zest to bowl with bean mixture. In a medium bowl, combine **all of the mayonnaise** and remaining lime and orange zest.



### 4. Brown chicken & onions

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until chicken is golden brown on the bottom, 3-4 minutes. Scatter **onions** around chicken in skillet and season with **¼ teaspoon cumin** and **a pinch of salt**. Cook over medium-high heat until onions are just starting to brown, 1-2 minutes more.



### 2. Dress bean & corn salad

Squeeze juice from **half of the lime** into bowl with **bean mixture**. Add **2 tablespoons oil** and **1 tablespoon vinegar**; stir to combine. Season to taste with **salt** and **pepper**; set **bean and corn salad** aside until step 6.



### 5. Simmer chicken

Flip **chicken**, then squeeze **all of the orange juice** into skillet. Partially cover and cook over medium-high heat until chicken is cooked through, and **pan sauce** is reduced by half, 3-5 minutes. Stir in water, 1 tablespoon at a time, if sauce is dry before chicken is cooked through.



### 3. Prep chicken

Halve **onion**, then cut into ¼-inch thick slices through the root end. Cut **orange** in half crosswise. To bowl with **mayonnaise**, stir in **2 teaspoons each of cumin and salt** and **a few grinds of pepper**. Pat **chicken** dry, then add to mayonnaise mixture and turn well to coat.



### 6. Finish & serve

Finely chop **cilantro leaves and stems**. Add half of the cilantro to **bean and corn salad**; stir to combine. Cut **remaining lime** into wedges. Serve **chicken and onions** with **pan sauce** poured over top, alongside **bean and corn salad**, and with **lime wedges** on the side for squeezing over. Sprinkle **remaining cilantro** over **chicken** and drizzle with **oil**, if desired. Enjoy!