



READY TO HEAT! Braised Chicken Thighs

in Tomato Ragout with Polenta & Broccoli



2-5min



2 Servings

Put down the knife and forget about the pots and pans, because we made dinner for you! Our microwaveable Ready Made meals are full of the same high-quality ingredients and globally-inspired flavors you'd expect from Martha Stewart & Marley Spoon. This French-inspired meal features braised chicken thighs in a fennel-tomato ragout with creamy polenta for soaking up the rich sauce and broccoli. Simply heat, serve, and enjoy!

What we send

- 2 Ready Made Braised Chicken Thighs in Tomato Ragout meals ⁷

What you need

- microwave or oven

Tools

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 36g, Carbs 31g, Proteins 23g

Store

1. Store

Store the ready made meals in the refrigerator until you're ready to heat and eat. Depending on your delivery days, the meals have 3-7 days before their enjoy by date (check the date on each meal).

Microwave

2. Microwave instructions

Remove cardboard sleeve. Peel corner of plastic film to vent and remove any small containers. Microwave on high, 2-3 minutes (or until 165°F). Remove and let rest for 3 minutes. Carefully peel off film and top with any garnishes.

Bake

3. Oven instructions

Preheat oven to 350°F. Remove cardboard sleeve, plastic film, and any small containers. Transfer meal to an oven-safe dish or skillet. Heat until warmed through (165°F), about 20 minutes. Top with garnishes.

Enjoy!

4. Enjoy!

You don't have to worry about dishes with these ready made meals but make it extra luxe and plate it up. Enjoy!

Recycle

5. Recycle




Each package contains one single serving, making it easy to decide when and how to heat and eat this ready made meal. Bonus, the packaging is recyclable. Good for you and the planet!

Freeze

6. Freeze

In a pinch, these meals can be frozen before the package enjoy by date and can be stored in the freezer for up to 2 months. To heat, follow microwave instructions, adding 1-2 minutes to cook time.

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**