



Caramel Chicken

with Steamed Bok Choy and Rice

 30 minutes  2 Servings

This meal is a riff on the Chinese takeout of our dreams - fresh and quick, but nuanced and flavorful. The secret is a brown sugar syrup infused with fresh ginger that gets combined with other heavy-hitters like tamari and rice vinegar. The end result is a caramel glaze that coats the chicken. On the side, there's sticky rice to soak up the sauce, and steamed bok choy for cool, clean flavor. Cook, relax, and enjoy!

What we send

- 7 oz sushi rice
- garlic (use 2 cloves)
- 1 oz fresh ginger
- 1 oz scallions
- 8 oz baby bok choy
- 1 lb boneless, skinless chicken thighs
- 2 oz light brown sugar
- 1 packet chicken broth concentrate
- 1.7 oz rice vinegar
- 2 oz tamari ¹

What you need

- coarse kosher salt
- neutral oil, such as vegetable or safflower
- freshly ground pepper

Tools

- fine-mesh sieve
- small saucepan
- medium skillet or shallow pot
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

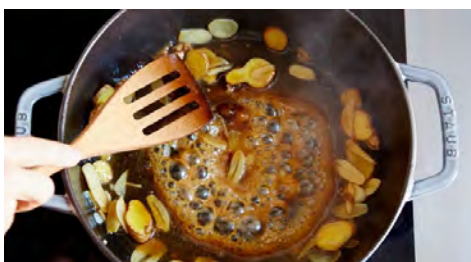
Nutrition per serving

Calories 834kcal, Fat 15.9g, Proteins 57.4g, Carbs 110.4g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Combine rice, **1½ cups water**, and a pinch of **salt** in a small saucepan and bring to a boil. Reduce heat to simmer, cover, and cook until water is absorbed and rice is tender, about 15 minutes. Keep covered until ready to serve.



4. Make sauce

Add **garlic** and **ginger**. Cook, stirring, until fragrant, about 1 minute. Add **¼ cup water** and cook, scraping up any browned bits from bottom of the pot. Add **brown sugar**; stir to dissolve. Add **chicken broth concentrate**, **vinegar**, **tamari**, and **½ cup water** and bring to a simmer. Return **chicken** to pot and simmer until chicken is cooked through, 4-5 minutes.



2. Prep ingredients

Peel and thinly slice **2 large cloves garlic**. Thinly slice **ginger** (no need to peel). Trim ends from **scallions**, then thinly slice. Trim ends from **bok choy** and halve lengthwise; rinse well under cold water to remove any grit.



5. Finish chicken

Transfer **chicken** to a plate. Increase heat to medium-high. Simmer rapidly until sauce is reduced and syrupy, about 5 minutes more. Return chicken to pot and turn to coat. Remove from heat.



3. Brown chicken




Pat **chicken** dry and trim **any excess fat**. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet or shallow pot over medium-high. Add chicken and cook until browned on both sides, 6-8 minutes total. Transfer to a plate.



6. Steam bok choy

Meanwhile, fill a medium saucepan with **½-inch of water** and bring to a simmer. Add **bok choy** and cover. Steam until just tender, about 3 minutes; drain. Serve **chicken** and **bok choy** over **rice** with **sauce** spooned over top (leaving ginger behind). Sprinkle with **scallions**. Enjoy!

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**



Fried Chicken Sandwiches

with Root Vegetable Fries



40 minutes



2 Servings

The key to the chicken's extra crispy coating is a triple-dredge: dip the chicken breasts in flour, then egg, shaking off excess. Return the chicken to the flour and turn to coat. Dip one more time in the egg and finish in the flour. At this point the chicken should have a nice shaggy coating. A pro tip is to make sure to use one hand for breading, so that the other remains clean! Cook, relax, and enjoy!

What we send

- 8 oz carrots
- 8 oz parsnips
- 3 oz shallot
- ¼ oz fresh dill
- 4 oz mayonnaise ^{1,4}
- 1 lemon
- 8 oz boneless, skinless chicken breasts
- ¾ cup all-purpose flour ²
- 2 potato buns ^{2,3}
- 3 oz bread & butter pickles
- ¼ oz paprika (use 1½ tsp)

What you need

- olive oil
- coarse kosher salt
- freshly ground pepper
- 1 large egg
- neutral oil, such as vegetable

Tools

- rimmed baking sheet
- medium skillet
- wire rack

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

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We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (1), Wheat (2), Milk (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 872kcal, Fat 39.5g, Proteins 44.8g, Carbs 77.0g



1. Prep ingredients

Preheat oven to 450°F. Peel **carrots** and **parsnips** and cut into long sticks, about ½-inch thick. Trim ends from **shallot**, then halve, peel, and finely chop **2 tablespoons**. Pick **dill fronds**, discard stems, and finely chop **fronds**.



4. Bread chicken

Season **chicken** with **pepper** and ½ **teaspoon salt**. Beat **1 egg** in a bowl with **1 tablespoon water**; season with **pepper** and ½ **teaspoon salt**. Whisk **flour**, **1½ teaspoons of paprika**, and ½ **teaspoon salt** in another bowl. Coat **chicken breasts** in **flour**, then **egg**. Let **excess egg** drip back into bowl, then repeat in **flour** then **egg** again; finish in **flour**. Transfer to plate.



2. Roast vegetables

Toss **carrots** and **parsnips** with **1½ tablespoons olive oil** on a rimmed baking sheet and season with **salt** and **pepper**. Roast, shaking sheet halfway through, until browned and tender, 15-20 minutes.



5. Fry chicken

Heat ¾ **cup neutral oil** in a medium skillet over medium-high. When oil is hot (it should sizzle vigorously when chicken touches the oil), add **chicken** and cook, turning occasionally, until golden and crisp, about 4 minutes total (lower heat if browning too quickly). Transfer to a wire rack to drain.



3. Make sauce

Meanwhile, combine **dill**, **chopped shallot**, and **mayonnaise** in a small bowl. Halve **lemon** and squeeze **half** into bowl; season with **salt** and **pepper** and stir to combine. Cut **remaining lemon half** into **wedges**.



6. Build sandwiches

Spread a **dollop of sauce** on the bottom of each **roll**. Top with **chicken** (cutting in half to fit if necessary) and **pickles**. Serve **sandwiches** with **lemon wedges** for squeezing over, and **root vegetable fries** on the side. Serve with any **extra sauce** for dipping. Enjoy!



Skillet Chicken Parmesan

with Arugula Spaghetti



40 minutes



2 Servings

We're giving chicken parmesan a minimalist makeover. We're taking out the hard work by leaving behind the flour-egg-breadcrumbs step, but obviously keeping the melty mozzarella. And unless you were looking forward to washing extra pots and pans, you'll be happy to find that all you'll need is a skillet for the chicken and a pot for the pasta. Cook, relax, and enjoy!

What we send

- 2 boneless, skinless chicken breasts
- garlic (use 2 cloves)
- ¼ tsp crushed red pepper
- 14 oz can cherry tomatoes
- ½ oz balsamic vinegar
- ¾ oz Parmesan ²
- 4 oz fresh mozzarella ²
- 8 oz spaghetti ¹
- 3 oz baby arugula

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- large pot
- meat mallet (or heavy skillet)
- large ovenproof skillet
- microplane or grater
- colander

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Allergens

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

Nutrition per serving

Calories 1043kcal, Fat 45.2g, Proteins 56.6g, Carbs 83.6g



1. Pound chicken

Bring a large pot of **salted water** to a boil. Place **chicken** between two sheets of plastic wrap. Pound chicken with a meat mallet or heavy skillet to ¼-inch thickness (it should be very thin and doubled in surface area). Season chicken well all over with **salt** and **pepper**.



4. Simmer chicken

Meanwhile, grate **Parmesan** and thinly slice **mozzarella**. Stir ⅓ of the **Parmesan** into the sauce and add **chicken** and any **accumulated juices**. Cover, and simmer until chicken is cooked through, about 5 minutes.



2. Brown chicken

Heat **1 tablespoon oil** in a large ovenproof skillet over high. Add **chicken** to skillet and cook until well-browned, about 2 minutes per side. Transfer chicken to a plate.



5. Make pasta

Meanwhile, add **pasta** to boiling water; cook until al dente, 7-8 minutes; drain. In a large bowl, toss pasta with **arugula**, **2 tablespoons oil**, **remaining vinegar** and **Parmesan**, and season well with **salt** and **pepper**.



3. Make sauce





Peel and thinly slice **2 large cloves garlic**. Reheat skillet over medium-high; add **1 tablespoon oil**, **garlic**, and **a pinch or more of crushed red pepper**. Sauté about 30 seconds. Add **tomatoes**, **¼ cup water**, **1 teaspoon vinegar**, & **½ teaspoon salt**. Bring to a simmer, breaking up tomatoes with a spoon. Reduce heat; simmer until sauce is slightly reduced, 5-7 minutes.



6. Broil & serve

Preheat broiler with top rack 4-6 inches from heat source. Turn **chicken** over in the sauce to coat. Scatter **mozzarella** over **chicken** and place in oven to broil until **cheese** is melted, about 3 minutes (watch closely). Serve **chicken** and **sauce** with **pasta**. Enjoy!

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