Prep & Bake Chicken Marbella

with Green Olives, Golden Raisins & Lemony Grains

Prep & Bake | 30-40 Minutes · Calories: 630 · Protein: 38 g

Ingredients

2 Person | 4 Person

- 1 | 2 Lemon
- ¼ oz | ½ oz Parsley
- 1 | 2 Oven-Ready Tray
- 1 tsp | 2 tsp Garlic Powder
- 1 TBSP | 2 TBSP Brown Sugar
- 1 | 2 Green Olives
- 1 | 2 Microwavable Grain Blend
- 1 oz | 2 oz Golden Raisins
- 1 | 2 Chicken Stock Concentrate
- 1 tsp | 1 tsp Dried Oregano
- 5 tsp | 10 tsp Red Wine Vinegar
- 10 oz | 20 oz Chicken Cutlets

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello

Chicken Marbella

Olives, raisins, and lemon lend this dish its signature sweet and briny flavor profile.

Before you start

Oven-Lovin' Tray

Our oven-ready tray makes life even easier—no pots to clean! If the tray is dented in transit, no worries! Simply smooth it out with your fingers. (You can also use an 8-inch baking dish.)

Cooking tools

medium bowl, paper towels, zester

Pantry ingredients

kosher salt, black pepper, olive oil, butter

Nutrition

Nutrients	per serving
Calories:	630
Total Fat:	20g
Saturated Fat:	7g
Sodium:	590mg
Total Carbohydrate:	69g
Dietary Fiber:	6g
Added Sugars:	5g
Protein:	38g

Allergens

butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.

1 Prep

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Roughly chop **olives**. Zest and quarter **lemon**. Pick **parsley leaves** from stems; roughly chop leaves.

2 Bake Chicken

- In **oven-ready tray**, mix together **olives**, **raisins**, **garlic powder**, **vinegar**, a **large drizzle of olive oil**, **juice from one lemon wedge**, **salt**, and **pepper** until thoroughly combined. **(For 4 servings, divide ingredients between two trays, using a large drizzle of olive oil and juice from one lemon wedge for each tray.)**
- Pat **chicken*** dry with paper towels and season all over with **half the oregano (all for 4)**, **salt**, and **pepper**. Place chicken over **sauce mixture** in tray. **(For 4, divide chicken between trays.)**
- Sprinkle tops of chicken with **brown sugar**. Bake on middle rack **(be sure your oven has preheated!)** until chicken is cooked through, 20-25 minutes. **(For 4, bake two trays side by side on middle rack.)**

3 Warm Grain Blend

- When chicken has 5 minutes left, massage **grain blend** in package to break up grains; partially open package. Microwave until warmed through, 60-90 seconds.
- Transfer to a medium bowl; stir in **stock concentrate**, **half the lemon zest**, and **1 TBSP butter (2 TBSP for 4 servings)**. Stir to combine. Taste and season with **salt** and **pepper**.

4 Finish & Serve

- Sprinkle **chicken** with **parsley** and **remaining lemon zest**.
- Divide chicken and **grains** between plates; serve with **remaining lemon wedges** on the side.

*Poultry is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

How was your meal?

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