Pan-Fried Chicken
with Spiced Creamy Lentils

BALANCED   25 Minutes • Under 600 Calories • Little Heat • 2.5 of your 5 a day

Carrot

Leek

Red Chilli

Thyme

Sage

Skin-on Chicken Breast

Lentils

Chicken Stock Powder

Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:
Large Saucepan, some Clingfilm, a Frying Pan and Sieve.

Ingredients

	2P	3P	4P
Carrot**	1	1	2
Leek**	1	2	2
Red Chilli**	½	¾	1
Thyme**	½ bunch	¾ bunch	1 bunch
Sage**	½ bunch	¾ bunch	1 bunch
Skin-on Chicken Breast**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7)**	100g	150g	200g

*Not Included   ** Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredients	477g	100g
Energy (kJ/kcal)	2065 /494	433 /104
Fat (g)	23	5
Sat. Fat (g)	9	2
Carbohydrate (g)	29	6
Sugars (g)	8	2
Protein (g)	48	10
Salt (g)	2.28	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

1. Prep the Veggies

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the root and the dark green leafy part from the **leek**. Slice into rounds about ½ cm thick. Halve the **chilli** lengthways, remove the seeds then finely chop.

2. Prep the Herbs

Pick both the **thyme leaves** and the **sage leaves** from their stalks (discard the stalks from both herbs). Roughly chop the **sage leaves**.

3. Cook the Veggies

Heat a splash of **oil** in a large saucepan over medium heat. Add the **carrot**, **leek**, a pinch of **chilli** (add more or less depending on how much you like spice!) and all of the **thyme** and **sage**. Season with **salt** and cook gently until soft, 8-9 mins, stirring occasionally. **TIP:** *Turn the heat down if the ingredients start to brown.*

4. Fry the Chicken

Meanwhile, place each **chicken breast** between two sheets of clingfilm. Bash with the bottom of a saucepan or a rolling pin until just under 1cm thick all over. Heat a splash of **oil** in a frying pan on medium-high heat. Season both sides of the **chicken** with **salt** and **pepper**, then lay in your pan, skin-side down. ***IMPORTANT:*** *Wash your hands after handling raw meat.* Cook for around 5-6 mins on each side. ***IMPORTANT:*** *The chicken is cooked when no longer pink in the middle.*

5. Add the Lentils

While the **chicken** cooks, drain and rinse the **lentils** in a sieve. Once the veggies are soft, add the **lentils** along with a splash of **water**, **stock powder** and **crème fraîche**. Stir to dissolve the **stock powder**, bring to the boil and then remove from the heat. Season to taste with **salt** and **pepper** if needed. Add more **chilli** if you want it spicier!

6. Serve

Spoon the **spiced creamy lentils** onto your plates and top with the **pan-fried chicken**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • Low Protein

Featured Ingredient: Chicken is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.