



DEC  
2016

## Pan-Seared Chicken with Creamy French Lentils

Known as 'poor man's caviar', the humble French lentil is an exalted ingredient in French cooking with a texture superior to that of any other lentil variety. It has a delicious nutty flavour with a smooth interior and nutritional credentials to knock your socks off.



Chicken Breast



French Lentils



Leek



Celery



Carrot



Long Red Chili



Sour Cream



Thyme



Sage



Chicken Broth  
Concentrate

## Ingredients

	2 People	4 People
Chicken Breast	1 pkg (340 g)	2 pkg (680 g)
French Lentils	1½ pkg (170 g)	3 pkg (340 g)
Leek, chopped	1 pkg (170 g)	2 pkg (340 g)
Celery, chopped	1 pkg (170 g)	2 pkg (340 g)
Carrot, chopped	1 pkg (170 g)	2 pkg (340 g)
Long Red Chili 	1	1
Sour Cream	1) 2 pkg	4 pkg
Thyme	1 pkg (7 g)	1 pkg (7 g)
Sage	1 pkg (7 g)	2 pkg (14 g)
Chicken Broth Concentrate	½	1
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Medium Pot, Large Pan,  
Medium Bowl, Measuring  
Spoon, Strainer

**Nutrition per person** Calories: 444 cal | Fat: 14 g | Protein: 41 g | Carbs: 47 g | Fiber: 10 g | Sodium: 488 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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1



**1 Prep: Wash and dry all produce.** Strip **1 tsp thyme leaves** (double for 4 people) from the stems. Roughly chop the **2 tsp sage leaves** (double for 4 people). Finely chop the **chili**, removing the seeds for less heat.

3



**2 Cook the lentils:** Rinse **1½ pkg lentils** (3 pkg for 4 people) under cold tap water. Combine in a medium pot with **remaining thyme sprigs** and enough **water** to cover the lentils by 2 inches. Boil over high heat until lentils are tender, 14-15 min.

**3 Cook the veggies:** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **carrot, celery, leek, chopped thyme, half the chopped sage**, and as much **chili** as you like. Season with **salt** and **pepper**. Cook until softened, 6-8 min. Transfer to a medium bowl.

4



**4 Cook the chicken:** Season the **chicken** with **remaining chopped sage, salt** and **pepper**. Add another drizzle of **oil** to the same pan, then the chicken. Cook until bottom of chicken is golden-brown, about 3 min. Reduce the heat to medium-low. Flip the chicken over. Cover and cook until the chicken is golden and cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Remove to a cutting board.

**5** Meanwhile, remove the **thyme sprigs** from the lentils. Drain, then and return them to the pot. Stir in the **veggies, ½ pkg broth concentrate** (1 pkg for 4 people) and **sour cream**. Season with **salt** and **pepper**.

**6 Finish and serve:** Thinly slice the **chicken**. Serve alongside the **creamy lentils**. Enjoy!

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