



PERSIAN CHICKEN STEW

with Red Lentils, Minty Yoghurt and Cumin Rice



HELLO CUMIN SEEDS

After pepper, cumin is the second most used spice in the world!



Diced Chicken Thigh



Echalion Shallot



Ground Turmeric



Ground Coriander



Cumin Seeds



Red Split Lentils



Tomato Purée



Chicken Stock Powder



Basmati Rice



Courgette



Green Chilli



Mint



Greek Yoghurt

MEAL BAG #4

40 mins

2 of your 5 a day

Medium heat

What we call Iran today used to be known as Persia and it's a country with a rich culinary heritage. Not surprising when you see where it sits on the map - a link between the Middle East and the Far East, Russia and Arabia. Persian food has absorbed influences and ingredients from all these places and, in turn, influenced them. Tonight's stew has echoes of Dhansak but something all of its own as well.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans** (with **Lids**) and a **Measuring Jug**. Now, let's get cooking!



1 BROWN THE CHICKEN

Pop your kettle on to boil. Heat a splash of **oil** in a large saucepan on medium-high heat. When the **oil** is hot, add the **chicken**. Season with a pinch of **salt** and **pepper**. Cook, stirring occasionally, until golden brown all over, 5-6 mins. While the chicken browns, halve, peel and thinly slice the **shallot**.



2 START THE STEW

Add the **shallot**, **ground turmeric**, **ground coriander** and **half** the **cumin seeds** to the pan. Cook, stirring, for 1-2 mins, then add the **lentils** and **tomato purée**. Cook for 1 minute, then add the **water** (see ingredients for amount). Bring to the boil, stir in **half** the **stock powder**, reduce the heat and simmer, stirring occasionally, 10 mins. Meanwhile, toast the remaining **cumin seeds** in another large saucepan on medium heat (no oil), 1 minute.



3 COOK THE RICE

Add the **water** (see ingredients for amount). Bring to the boil then stir in the **rice** and remaining **stock powder**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **TIP:** *The rice will finish cooking in its own steam.*



4 ADD THE COURGETTE

Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces. When the **stew** has been cooking for 10 mins, stir in the **courgette** and pop a lid on the pan. Cook, stirring occasionally, for another 10-12 mins. **TIP:** *If the stew is looking a bit dry, add a splash of water to loosen it up!*



5 MIX THE YOGHURT

Halve the **green chilli** lengthways, deseed then finely slice. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). In a small bowl, mix the **Greek yoghurt** with the **mint**. Season with **salt** and **pepper** to taste. Keep to one side.



6 FINISH AND SERVE

Your **stew** is ready when the **lentils** are soft and the **chicken** is cooked.

IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.* Taste and season with **salt** and **pepper**, then stir in as much **green chilli** as you fancy (add less if you're not a fan of heat!). Fluff up the **rice** with a fork and serve it in bowls topped with the **chicken stew**. Add a dollop of **minty yoghurt** and a sprinkling of any remaining **chilli**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh *	280g	420g	560g
Echalion Shallot *	1	2	2
Ground Turmeric	1 pot	1 pot	2 pots
Ground Coriander	1 small pot	¾ large pot	1 large pot
Cumin Seeds	¾ pot	1 pot	1 pot
Red Split Lentils	50g	75g	100g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water for the Stew *	250ml	375ml	500ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Rice *	300ml	450ml	700ml
Basmati Rice	150g	225g	300g
Courgette *	1	1	2
Green Chilli *	½	¾	1
Mint *	½ bunch	¾ bunch	1 bunch
Greek Yoghurt 7) *	1 pouch	1 pouch	2 pouches

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 488G	PER 100G
Energy (kcal)	753	154
(kJ)	3148	645
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	88	18
Sugars (g)	12	3
Protein (g)	58	12
Salt (g)	1.07	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

THUMBS UP OR THUMBS DOWN?

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