



# Apple and Sage Glazed Chicken Breast with Creamy Lentils and Walnuts

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories

27



Echalion Shallot



Courgette



Brown Lentils



Apple and Sage Jelly



Chicken Breast Skin-on



Chicken Stock Paste



Creme Fraiche



Walnuts

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Sieve, bowl, frying pan, baking tray, saucepan and aluminium foil.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Apple and Sage Jelly	25g	37g	50g
Water for the Glaze*	100ml	150ml	200ml
Chicken Breast Skin-on**	2	3	4
Water for the Lentils*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	112g	150g
Walnuts 2)	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	482g	100g
Energy (kJ/kcal)	2370 /566	492 /118
Fat (g)	26.1	5.4
Sat. Fat (g)	10.1	2.1
Carbohydrate (g)	30.9	6.4
Sugars (g)	12.7	2.6
Protein (g)	49.3	10.2
Salt (g)	1.50	0.31

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

2) Nuts 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **shallot**. Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.

Drain and rinse the **lentils** in a sieve.

Mix together the **apple and sage jelly** and **water for the glaze** (see ingredients for amount) in a small bowl, then set your **glaze** aside.



## Time to Glaze

When the **chicken** has roasted for 13 mins, remove from the oven and spread the **apple and sage glaze** over the skin of each **breast**.

Return the **chicken** to the oven to roast until cooked through, 5-12 mins. **IMPORTANT:** The *chicken is cooked when no longer pink in the middle.*



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken** into the pan, skin-side, down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray (skin-side up), then roast on the top shelf of your oven for 13 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Finish Up

Once the **chicken** is cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.

Meanwhile, taste the **lentils** and season with **salt** and **pepper** if needed. Reheat gently if necessary.



## Make the Creamy Lentils

While the **chicken** roasts, heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add the **courgette** and **shallot** to the pan. Cook until softened, stirring occasionally, 6-7 mins.

Stir in the **lentils**, **water for the lentils** (see ingredients for amount) and **chicken stock paste** until combined, then mix in the **creme fraiche**.

Bring to the boil, then simmer until the **lentils** are piping hot, 2 mins. Remove from the heat.



## Serve

When ready to serve, cut the **chicken** widthways into 2cm thick slices.

Share the **creamy lentils** between your bowls and top with the **sliced chicken**, spooning over any remaining **glaze** from the tray.

Finish with a sprinkle of **walnuts** over the top.

## Enjoy!

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