



# DUKKAH SPICED CHICKEN

with Herby Lentil Salad and Roasted Veggies

NUTRITIONIST APPROVED



## HELLO CHICKEN

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.



Carrot



Red Onion



Rocket



Lentils



Cumin Seeds



Spiced Honey Mustard



Chicken Breast



Dukkah Spice Mix



Lemon



Dill



Coriander

35 mins

Balanced

3.5 of your 5 a day

Under 550 calories

High in Protein

Low in sat fat

Dukkah is an Egyptian aromatic seed and nut mix that our chefs love to use as a crust for things like fish, meat and chicken. In this recipe, we've combined the dukkah with a little olive oil and rubbed the spice mix over the flattened chicken breasts. Flattening the chicken is a great way to make sure that the meat cooks evenly the whole way through, as well as being a clever trick to cut down on cooking time. Warm roasted carrots and red onions are combined with a herby lentil salad and tossed together with a honey mustard dressing that brings the flavours of this dish to life.

MEAL BAG

19

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater, Sieve, Mixing Bowl, Clingfilm** and **Rolling Pin**. Now, let's get cooking!



## 1 ROAST THE VEGGIES

Preheat your oven to 200°C. Trim the **carrot**, then halve lengthways (no need to peel). Chop widthways into 2cm pieces. Halve, peel and chop the **red onion** into wedges. Pop both onto a baking tray. Sprinkle over the **cumin seeds**, some **salt**, **pepper** and a little **oil**. Toss well to evenly coat the **veggies** in the **oil** then pop onto the top shelf of the oven and roast until the **veggies** are tender and slightly coloured, 25-30 mins.



## 4 COOK THE CHICKEN

When the **veggies** have 10-12 minutes left, give the tray a shake and move the **veggies** to one side of the tray. Pop the **chicken** onto on the other side and return to the top shelf of the oven. Cook until the **chicken** is cooked through, 10-12 mins.

**! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 2 PREP THE SALAD

In the meantime, roughly chop the **dill** and **coriander** (stalks and all). Zest, then cut the **lemon** into wedges. Drain and rinse the **lentils** in a sieve. Pop the **herbs**, **lentils** and **lemon zest** into a mixing bowl and season with **salt** and **pepper**.



## 5 MAKE THE DRESSING

While the chicken is cooking, put the **honey mustard** into another small bowl. Squeeze in the **juice** from two **lemon wedges** and add the **olive oil** (see ingredients for amount), to make the **dressing**. Whisk together with a fork and add a small splash of **water** to loosen the **dressing**. Season with **salt** and **pepper**.



## 3 COAT THE CHICKEN

Lay a **chicken breast** on a chopping board and cover with a piece of clingfilm. Use a rolling pin or the base of a saucepan to bash it until 1cm thick all over. Repeat for the other **breasts**. Pop the **dukkah** in a small bowl and mix with a small splash of **olive oil** (we suggest 1 tsp of **oil** per person). Spread the **dukkah** over the top of each **chicken breast**.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



## 6 COMBINE AND SERVE

Once the **veggies** and **chicken** are cooked remove the tray from the oven and mix the **roasted carrot** and **onion** in with the **lentils**, along with any **cooking juices** left on the tray. Pour over the **dressing** and add the **rocket** to the bowl. Gently fold all the ingredients together then share onto plates. Thickly slice the **chicken** then pop on top of the **lentils** and serve with any spare **lemon wedges**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Carrot *	1	2	2
Red Onion *	1	1	2
Rocket *	1 bag	1½ bags	2 bags
Lentils	1 carton	1½ cartons	2 cartons
Cumin Seeds	½ pot	¾ pot	1 pot
Spiced Honey Mustard 9)	1 pot	1½ pots	2 pots
Chicken Breast Fillet *	2	3	4
Dukkah Spice Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Lemon *	1	1	2
Dill *	1 bunch	1 bunch	1 bunch
Coriander *	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 511G	PER 100G
Energy (kJ/kcal)	1770 / 423	347 / 83
Fat (g)	14	3
Sat. Fat (g)	2	1
Carbohydrate (g)	23	4
Sugars (g)	12	2
Protein (g)	48	9
Salt (g)	0.45	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

1) Peanut 2) Nut 3) Sesame 9) Mustard 10) Celery

**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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