



# PAN-FRIED CHICKEN

with Spicy Lentils



## HELLO SAGE

Medieval tradition had it that growing sage in the garden would bring prosperity to the household.



Carrot



Celery



Leek



Red Chilli



Thyme



Sage



Chicken Breast



Vert Lentils



Chicken Stock Pot



Crème Fraîche

25 mins

3 of your 5 a day

Medium Heat

We're so used to seeing lentils dried or in tins that it only occurred to us the other day to wonder what a lentil plant looks like. Not dissimilar to a pea plant it turns out, but bushier. Here we've put these lovely legumes in a spicy, creamy sauce which pairs perfectly with pan-fried chicken. Beautiful!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, **Large Saucepan**, some **Clingfilm**, a **Frying Pan** and **Sieve**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Peel the **carrot**, remove the top and bottom and then chop into roughly ½cm cubes. Make them as small as you can! Chop the **celery** into tiny cubes too. Remove the root and dark green tops from the **leek** and slice into ½cm rounds. Halve the **red chilli** lengthways, remove the seeds and finely chop as much as you dare!



### 2 PREP THE HERBS

Pinch the top of each **thyme** stalk in one hand and run thumb and index finger of the other downwards to strip off the **leaves**. Pick the **sage leaves** from their stalks and roughly chop. (Discard the stalks from both herbs.)



### 3 COOK THE VEGGIES

Heat a splash of **olive oil** in a large saucepan over medium heat. Add the **carrot, celery, leek, chilli, thyme** and **sage**. Season with a pinch of **salt** and cook gently until soft, about 8 mins. **★ TIP:** Turn the heat down if the ingredients start to brown.



### 4 WHACK THE CHICKEN

Place each **chicken breast** between two sheets of clingfilm. Whack with the bottom of a saucepan until just under 1cm thick all over. Heat a splash of **oil** in a frying pan on medium-high heat. Add the **chicken**, skin-side down, and cook for around 5-6 mins on each side. Season with a pinch of **salt** and **black pepper** whilst cooking. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



### 5 FINISH THE LENTILS

Thoroughly rinse and drain the **lentils** in a sieve. Add them to the pan of veggies with a splash of **water**, the **chicken stock pot** and the **crème fraîche**. Add a few grinds of **black pepper** (taste and add more if needed). Stir well and heat through until the **lentils** are piping hot.



### 6 SERVE

Spoon the **spicy lentils** onto plates and top with your **pan-fried chicken**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Carrot, chopped	1
Celery, chopped <sup>9)</sup>	1 stick
Leek, sliced	1
Red Chilli, chopped	½
Thyme	½ bunch
Sage, chopped	½ bunch
Chicken Breast	2
Vert Lentils	1 tin
Chicken Stock Pot	½
Crème Fraîche <sup>7)</sup>	½ pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	555	98
(kJ)	2319	408
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	40	7
Sugars (g)	10	2
Protein (g)	49	9
Salt (g)	2.18	0.38

### ALLERGENS

<sup>7)</sup>Milk <sup>9)</sup>Celery

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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