



# Pan-Fried Chicken

with Spiced Creamy Lentils

**BALANCED**

25 Minutes • Under 600 Calories • Little Heat • 2.5 of your 5 a day

N° 7



Carrot



Leek



Red Chilli



Thyme



Sage



Chicken Breast



Lentils



Chicken Stock Powder



Crème Fraîche

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Frying Pan and Sieve.

### Ingredients

	2P	3P	4P
Carrot**	1	2	2
Leek**	1	2	2
Red Chilli**	½	¾	1
Thyme**	½ bunch	¾ bunch	1 bunch
Sage**	½ bunch	¾ bunch	1 bunch
Chicken Breast**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7)**	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	465g	100g
Energy (kJ/kcal)	1672 /400	359 /86
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	20	4
Sugars (g)	7	2
Protein (g)	47	10
Salt (g)	1.11	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Prep the Veggies

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the root and the dark green leafy part from the **leek**. Slice into rounds about ½ cm thick. Halve the **chilli** lengthways, remove the seeds then finely chop.



## 4. Fry the Chicken

Meanwhile, place each **chicken breast** between two sheets of clingfilm. Whack with the bottom of a saucepan or a rolling pin until just under 1cm thick all over. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a splash of **oil** in a frying pan on medium-high heat. Season both sides of the **chicken** with **salt** and **pepper**, then lay in your pan. Cook for around 5-6 mins on each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 2. Prep the Herbs

Pick both the **thyme leaves** and the **sage leaves** from their stalks (discard the stalks from both herbs.) Roughly chop the **sage leaves**.



## 5. Add the Lentils

While the chicken cooks, drain and rinse the **lentils** in a sieve. Once the **veggies** are soft, add the **lentils** along with a splash of **water**, the **stock powder** and the **crème fraîche**. Stir well to dissolve the **stock powder**, bring to the boil and then remove from the heat. Season to taste with **salt** and **pepper** if needed. Add more **chilli** if you want it spicier!



## 3. Cook the Veggies

Heat a splash of **oil** in a large saucepan over medium heat. Add the **carrot**, **leek**, a pinch of **chilli** (add more or less depending on how much you like spice!), all of the **thyme** and **sage**. Season with **salt** and cook gently until soft, 7-8 mins, stirring occasionally. **TIP:** Turn the heat down if the ingredients start to brown.



## 6. Serve

Spoon the **spiced creamy lentils** onto your plates and top with the **pan-fried chicken**.

Enjoy!

### BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein

**Featured Ingredient:** Leeks are a good source of vitamin C. Vitamin C contributes to the reduction of tiredness and fatigue.

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.