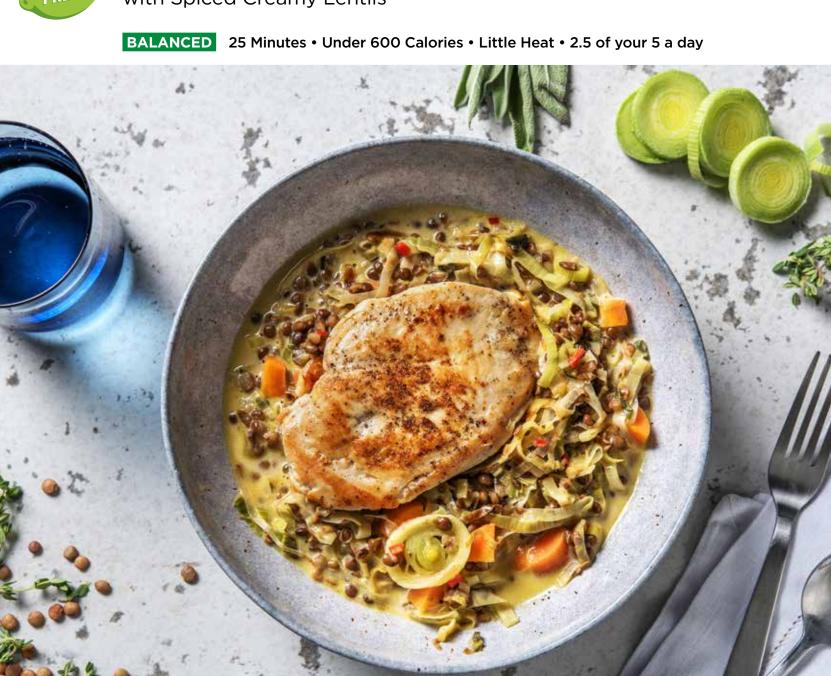


Pan-Fried Chicken

with Spiced Creamy Lentils











Red Chilli

Thyme





Chicken Breast







Chicken Stock Powder



Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	3/4	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

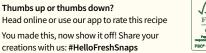
7) Milk

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

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Packed in the UK



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.



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.



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.



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.



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!



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.