







More Than Food
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Pan Fried Chicken with Spicy Lentils

When asked what his favourite food is, Patrick, our Head Chef, will say “French” with very little hesitation. French food is to Patrick, what lentils are to the French. Known as the poor man’s caviar, the humble green lentil is an exalted ingredient in French cooking, with a texture superior to that of any other lentil variety. It has a delicious nutty flavour with a moreish smooth interior and nutritional credentials to knock your socks off. It’s also a cousin to the pea. Enjoy!



25 mins



spicy



gluten free



healthy



Carrot (1)



Celery (1)



Leek (1)



Red Chilli (½)



Thyme (5 sprigs)



Sage (2 sprigs)



Chicken Breast (2)



Organic Lentils (1 tin)



Chicken Stock Pot (½)



Crème Fraîche (½ small pot)

2 PEOPLE INGREDIENTS

- Carrot, chopped
- Celery, chopped
- Leek, sliced
- Red Chilli, chopped
- Thyme

- 1
- 1
- 1
- ½
- 5 sprigs

- Sage, chopped
- Chicken Breast
- Organic Lentils
- Chicken Stock Pot
- Crème Fraîche

- 2 sprigs
- 2
- 1 tin
- ½
- ½ small pot

Allergens: Celery, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	521 kcal / 2178 kJ	19 g	12 g	39 g	9 g	49 g	3 g
Per 100g	102 kcal / 427 kJ	4 g	2 g	8 g	2 g	10 g	1 g



Our fruit and veggies may need a little wash before cooking!

Did you know...

Sage smudging is an ancient cleansing ritual, used by Native American and shamanic cultures, to remove negative energy from a space through burning sage.

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.



1

1 Peel and finely chop the **carrot** into tiny cubes (less than ½cm cubes if possible). Chop the **celery** into tiny cubes too. Chop the very bottom and the leafy top from the **leek**. Slice the **leek** into ½cm discs. Finely chop as much **chilli** as you dare.



3

2 Pinch the **thyme** stalks between your thumb and index finger and run your fingers along the stalk to strip off the leaves. Remove the **sage** leaves from their stems and roughly chop.

3 Heat a splash of **olive oil** in a frying pan on medium heat. Add the **carrot, celery, leek, chilli, thyme** and **sage** to the pan. Add a good pinch of **salt** and cook gently for around 8 mins until soft. **Tip:** Turn the heat down if the ingredients start to brown off.



4

4 Place each **chicken breast** between two sheets of clingfilm. Use a rolling pin or the bottom of a saucepan to whack the **chicken**. **Tip:** You want the chicken to be less than 1cm thick all over.

5 Heat a splash of **olive oil** in another non-stick frying pan on medium-high heat. Once hot, add in your **chicken**, skin-side down and cook for around 4 mins on each side. Season both sides with a pinch of **salt** and **black pepper** whilst cooking. **Tip:** The chicken is ready when it is no longer pink in the middle.



5

6 Thoroughly rinse and drain the **lentils**. Add them to your pan of vegetables with a splash of **water**, the **chicken stock pot** and the **crème fraîche**. Add a pinch of **salt** and a few grinds of **black pepper** (taste and add more if needed). Cook for a minute or two until everything is warm. Spoon the mixture onto plates and top with your cooked **chicken**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!