



PAN-FRIED CHICKEN

with Spiced Creamy Lentils



HELLO SAGE

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



Carrot



Leek



Red Chilli



Thyme



Sage



Chicken Breast (skin-on)



Lentils



Chicken Stock Powder



Crème Fraîche

MEAL BAG

25 mins

2 of your 5 a day

Little 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. The answer; not dissimilar to a pea plant, but bushier. Here we've put these lovely legumes in a spicy, creamy sauce which pairs perfectly with pan-fried chicken. Beautiful!

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BEFORE YOU START

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



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 ½cm thick. Halve the **chilli** lengthways, deseed and finely chop.



2 NOW 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!) and all of the **thyme** and **sage**. Season with a pinch of **salt** and cook gently until soft, about 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, skin-side down. Cook for around 5-6 mins on each side. **❗ IMPORTANT:** The chicken is cooked when it is 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	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 (skin-on) *	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pot	1 pot	1½ pots

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 482G	PER 100G
Energy (kcal)	500	104
(kJ)	2090	434
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	20	4
Sugars (g)	8	2
Protein (g)	41	9
Salt (g)	0.76	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 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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