

Parisienne Chicken

with Mustardy Lentils and Roasted Carrots

BALANCED 35 Minutes • Under 600 Calories • Little Heat • 2.5 of your 5 a day













Parisienne Herbs







Flat Leaf Parsley

Red Onion

Garlic Clove





Knorr Chicken Stock Pot



Lentils



Half Fat Crème Fraîche



Wholegrain Mustard

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Frying Pan, Fine Grater (or Garlic Press), Measuring Jug, Sieve and Chopping Board.

Ingredients

	2P	3P	4P
Carrot**	2	3	4
Chicken Breast**	2	3	4
Parisienne Herbs	1 small pot	¾ large pot	1 large pot
Red Onion**	1	2	2
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Knorr Chicken Stock Pot	½ pot	¾ pot	1 pot
Water for the Stock*	100ml	150ml	200ml
Lentils	1 carton	1½ cartons	2 cartons
Half Fat Crème Fraîche 7) **	¾ pouch	1 pouch	1½ pouches
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredients	541g	100g
Energy (kJ/kcal)	1931 /462	357 /85
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	30	6
Sugars (g)	14	3
Protein (g)	48	9
Salt (g)	1.69	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

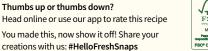
Allergens

7) Milk 9) Mustard

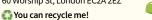
Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses

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Packed in the UK



1. Roast the Carrots

Preheat your oven to 200°C and put the kettle on to boil. Trim the carrot, then halve lengthways (no need to peel). Chop into 1cm wide batons. Pop on a baking tray. Drizzle with oil and season with a pinch of salt and pepper. Toss to coat, spread out and roast on the top shelf of your oven until the **carrots** are nicely browned and soft enough to eat, 20-25 mins, turning halfway.



2. Cook the Chicken

Put the **chicken** in a bowl with a glug of **oil**, the Parisienne herbs and a pinch of salt. Rub the herb **blend** into the **meat**. **IMPORTANT**: Remember to wash your hands after handling raw meat! Heat a frying pan on medium-high heat. Brown the chicken for 2 mins on each side. TIP: Do in batches if necessary. Transfer to the baking tray with the carrots and roast on the top shelf of your oven for about 20 mins. IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



3. Prep the Veggies

Meanwhile, halve, peel and thinly slice the red onion. Peel and grate the garlic (or use a garlic press). Roughly chop the **parsley** (stalks and all!). Dissolve the Knorr **chicken stock pot** in the boiling water (see ingredients for amount). Drain and rinse the **lentils** in a sieve.



4. Cook the Lentils

Wipe out the now empty frying pan and heat a drizzle of oil over medium heat. Add the red onion. Stir and cook until softened, 5 mins then add the garlic. Cook for a minute more and then add the **chicken stock**. Bring to the boil, then turn it down a little and simmer to reduce by half, 5 mins. Mix in the lentils and crème fraîche. Heat until piping hot, then remove from the heat.



5. Slice the Chicken

When the **chicken** is cooked, take it out of your oven and leave to rest for a couple of minutes on a chopping board. Slice each breast into six even slices and get ready to plate.



6. Serve

Reheat the **lentil mixture** if necessary and then stir in the parsley and half of the mustard. Taste and add more **mustard** and/or **pepper** if necessary. Share between your bowls. Arrange the **roasted** carrots on top and then finish with the herby chicken.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar • High Protein

Featured Ingredient: Chicken, is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a greta source of selenium. Selenium contributes to the maintenance of hair and nails.

HELLO KNORR!

At Knorr, our stocks are made with carefully selected ingredients, that are slowly simmered to release maximum flavour. Our stocks are also aluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!