



Parisiennne Chicken

with Mustardy Lentils and Roasted Carrots

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

N° 7



Carrot



Chicken Breast



Parisienne Herbs



Red Onion



Garlic Clove



Flat Leaf Parsley



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.

Contact

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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.



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.



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.



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.



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.



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 great 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 gluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!