



# Parisienne Style Chicken

with Mustardy Lentils and Roasted Carrots

N° 7

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



Carrot



Chicken Breast



Parisienne Herbs



Red Onion



Garlic Clove



Flat Leaf Parsley



Chicken Stock Powder



Lentils



Crème Fraîche



Wholegrain Mustard

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press) and Measuring Jug.

### 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	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Stock*	100ml	150ml	200ml
Lentils	1 carton	1½ cartons	2 cartons
Crème Fraîche 7)**	100g	150g	200g
Wholegrain Mustard 9)	1 pot	1 pot	2 pots

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2243/536	422/101
Fat (g)	20	4
Sat. Fat (g)	8	2
Carbohydrate (g)	40	8
Sugars (g)	15	3
Protein (g)	50	10
Salt (g)	2.53	0.48

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.

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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## 1. Roast the Carrots

Preheat your oven to 200°C, fill and boil your kettle. 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 **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until the **carrots** are nicely browned and tender, 20-25 mins. Turn halfway.



## 4. Cook the Lentils

Wipe out the now empty frying pan and pop back on medium heat. Add a drizzle of **oil** and the **red onion**. Stir and cook until softened, 5-6 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, 5-6 mins. Mix in the **lentils** and **crème fraîche**. Heat until piping hot, then remove from the heat.



## 2. Cook the Chicken

Meanwhile put the **chicken** in a bowl with a glug of **oil** and the **Parisienne herbs**. Season with **salt**. Rub the flavourings into the **meat**. **IMPORTANT: Remember to wash your hands after handling raw meat!** Heat a large frying pan on medium-high heat. Brown the **chicken** for 2-3 mins on each side. **TIP: Do this in batches if necessary.** Transfer to the baking tray with the carrots and roast on the top shelf of your oven for 18-20 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 **chicken stock powder** 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**, **salt** and **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 Salt • 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.

### 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.