



Parisienne Inspired Chicken

with Mustardy Lentils, Spinach and Roasted Carrots

Classic 35 Minutes • 1 of your 5 a day

1



Carrot



Chicken Breast



Parisienne Herbs



Red Onion



Garlic Clove



Chicken Stock Paste



Brown Lentils



Baby Spinach



Soured Cream



Wholegrain Mustard



Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Bowl, Frying Pan, Garlic Press, Sieve.

Ingredients

	2P	3P	4P
Carrot**	2	3	4
Chicken Breast**	2	3	4
Parisienne Herbs	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Garlic Clove	1	2	2
Chicken Stock Paste	10g	15g	20g
Boiling Water*	100ml	150ml	200ml
Brown Lentils	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	100g	100g
Soured Cream 7)**	150g	225g	300g
Wholegrain Mustard 9)	17g	25g	34g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	2257 /540	406 /97
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	37	7
Sugars (g)	15	3
Protein (g)	51	9
Salt (g)	1.84	0.33
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	2745 /656	456 /109
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	37	6
Sugars (g)	15	2
Protein (g)	58	10
Salt (g)	3.07	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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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 browned and tender, 20-25 mins. Turn halfway.



Cook the Lentils

Wipe out the 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 1 min more and then add the **chicken stock**. Simmer until reduced by half, 5-6 mins. Add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Mix in the **lentils** and **soured cream**. Heat until piping hot, then remove from the heat.

CUSTOM RECIPE

If you've opted to get **bacon** with your meal, add it to your pan before you add the **onion** and stir-fry for 2 mins. Add the **onion** to the pan and continue with the rest of the recipe as instructed. **IMPORTANT:** Wash your hands after handling raw meat. Cook the **bacon lardons** throughout.



Cook the Chicken

Meanwhile, put the **chicken** into a bowl with a drizzle of **oil** and the **Parisienne herbs**. Season with **salt**. Rub the **seasoning** into the **meat**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Heat a large frying pan on medium-high heat. Brown the **chicken** for 2-3 mins on each side. 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.



Slice the Chicken

When the **chicken** is cooked, take it out of your oven and leave to rest for 2 mins on a chopping board. Slice each **breast** into 6 even slices and get ready to plate.



Prep the Veggies

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a **garlic press**). Add the **chicken stock paste** to the **boiling water** (see ingredients for amount), stir to combine. Drain and rinse the **lentils** in a sieve.



Serve

Reheat the **lentil mixture** if necessary and then stir in **half** of the **wholegrain 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!

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.