



Creamy Lentils and Plant Based Chicken with Spring Onion Mash

Classic 35 Minutes • Little Heat • 2 of your 5 a day • Veggie

19



Potato



Spring Onion



Garlic Clove



Lentils



Carrot



Vivera Plant-Based
Chicken Pieces



Wholegrain Mustard



Soured Cream



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Garlic Clove**	1 clove	1 clove	2 cloves
Lentils	1 carton	1½ cartons	2 cartons
Carrot**	1	2	2
Vivera Plant Based Veggie Chicken Pieces 11 13 **	175g	260g	350g
Water*	100ml	150ml	200ml
Wholegrain Mustard 9	1 sachet	1½ sachets	2 sachets
Soured Cream 7 **	150g	220g	300g
Baby Spinach**	1 small pack	1 large pack	2 small packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	2460 /588	389 /93
Fat (g)	16	3
Sat. Fat (g)	9	1
Carbohydrate (g)	71	11
Sugars (g)	8	1
Protein (g)	33	5
Salt (g)	2.98	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **9)** Mustard **11)** Soya **13)** Gluten

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.

Contact

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1 Prep the Mash

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



2 Get Prepped

Meanwhile, trim the **spring onions** then slice thinly. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.



3 Start Cooking

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **Vivera chicken** and **carrot** pieces. Fry until golden for 4-5 mins. Stir in the **garlic** and cook for 1 minute.



4 Finish Off

Add the **lentils**, **mustard** and **water** (see ingredients for amount), and stir to combine, allow to simmer until the **carrots** are tender, 6-8 mins. Stir in the **soured cream**. Add the **spinach** in handfuls and cook until wilted, 2-3 mins. Season with **salt** and **pepper** and add a splash of **water** if you feel it needs it.



5 Finish the Mash

Once cooked, drain the **potatoes** in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Stir in **two thirds** of the **spring onion**. Cover with a lid.



6 Serve Up

Divide the **mash** between plates. Top the **mash** with the **creamy lentils** and sprinkle with remaining **spring onion**.

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.