



ZAHTAR SPICED CHICKEN

with Creamy Lentils



HELLO LENTILS

Lentils have been eaten by humans since Neolithic times and were one of the first domesticated crops.



Zahtar Spice Blend



Chicken Mini Fillets



Lemon



Flat Leaf Parsley



Lentils



Courgette



Garlic



Ground Cumin



Chicken Stock Pot



Crème Fraîche

Lentils - renowned for being a good source of fibre and a health food staple, they are also easy to adapt and use as the base of dish. The HF chefs take you on a culinary journey with the warming aromas from the Zahtar spice blend of cumin, thyme, and the zesty scent of sumac. Delicious!

20 mins

2 of your 5 a day

Rapid recipe

MEAL BAG

14

GET **PREPARED!**

Get your **Utensils** ready.

BEFORE YOU START

🔪 Get your **Utensils** ready. 🧼 **Wash** the veggies. 🍴 Make sure you've got a **Mixing Bowl, Fine Grater, Sieve, Frying Pan, Large Saucepan** and a **Measuring Jug**. Let's start cooking the **Zahtar Spiced Chicken with Creamy Lentils**.



1 MARINATE THE CHICKEN

- Sprinkle the **zahtar spice blend** over the **chicken** and grate on the **zest** of the **lemon**. Season with **salt** and drizzle on a splash of **oil**.
- Rub the flavours into the **chicken**.
🚨 IMPORTANT: Remember to wash your hands and equipment after handling raw meat.



4 COOK THE LENTILS

- Meanwhile, heat a splash of **oil** in a large saucepan over medium heat.
- Add the **courgette, garlic** and **ground cumin**.
- Cook, stirring, for 1-2 mins, then add the **water** (see ingredients for amount).
- Bring to the boil then stir in the **stock pot** and **lentils**.
- Simmer for 5 mins, stirring occasionally.



2 DO THE PREP

- Roughly chop the **flat leaf parsley** (stalks and all).
- Drain and rinse the **lentils**.
- Remove the ends from the **courgette**, quarter lengthways then chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



5 FINISH THE CHICKEN

- When the **chicken** is cooked through, remove the pan from the heat and squeeze over some **lemon juice**.
- Sprinkle over **half** the **parsley**. Keep to one side.



3 FRY THE CHICKEN

- Heat a frying pan over medium-high heat.
- When the pan is hot, add the **chicken** and brown, 2 mins each side.
- Lower the heat to medium and cook, turning every couple of minutes, 8-10 mins.
- 🚨 IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 SERVE

- Stir the **crème fraîche** into the **lentils** and bring to the boil.
- Stir in the remaining **parsley** and season to taste with **salt** and **pepper**.
- Share the **creamy lentils** between your bowls and top with the **zahtar spiced chicken**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Zahtar Spice Blend ³⁾	1½ tsp	1 tbsp
Chicken Mini Fillets	280g	560g
Lemon	½	1
Flat Leaf Parsley	1 bunch	1 bunch
Lentils	1	2
Courgette	1	2
Garlic	1 clove	2 cloves
Ground Cumin	1½ tsp	1 tbsp
Water*	75ml	150ml
Chicken Stock Pot	½ pot	1 pot
Crème Fraîche ⁷⁾	1 small pouch	1 large pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 512G	PER 100G
Energy (kcal)	466	91
(kJ)	1950	381
Fat (g)	20	4
Sat. Fat (g)	8	2
Carbohydrate (g)	17	3
Sugars (g)	6	1
Protein (g)	58	11
Salt (g)	1.50	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

³⁾ Sesame ⁷⁾ Milk

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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