



# ZAHTAR SPICED CHICKEN

with Veggie Packed Lentil Dal



BALANCED RECIPE



## HELLO CARROTS

Carrots are a rich source of vitamin A, which is important for the growth and the development of the immune system.



Red Onion



Carrot



Garlic Clove



Courgette



Flat Leaf Parsley



Lemon



Tomato Purée



Red Split Lentils



Ground Cumin



Chicken Stock Powder



Chicken Breast



Zahtar Spice

MEAL BAG

7

30 mins

3 of your 5 a day

Low in sat fat

Balanced

Under 550 calories

High Protein

Lentils - renowned for being a good source of fibre - are a really versatile ingredient, making them a great base for recipes like this one. Seasoned with spices, fresh herbs and packed with veg, the flavours in our warming lentil dal work really with the zesty scent of sumac in the zahtar spice. Delicious, nourishing, and on the table in 30 minutes, this is the perfect pick-me-up recipe.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Saucepan**, **Measuring Jug**, some **Foil**, a **Baking Tray** and **Frying Pan**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion**. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then slice into rounds about 1cm thick. Roughly chop the **parsley** (stalks and all). Zest then halve the **lemon**.



## 2 START THE DAL

Heat a splash of **oil** in a large saucepan on medium-high heat. Add the **onion** and **carrot**. Stir and cook until starting to soften, 3-4 mins. Add the **garlic**, **ground cumin** and **tomato purée**, stir and cook for 1 minute. Next, add the **red lentils**, **water** (see ingredients for amount) and **stock powder**. Stir to dissolve and bring to the boil. Lower the heat and simmer until the **lentils** are completely soft, stirring occasionally, 15 mins. Preheat your grill to high.



## 3 BUTTERFLY THE CHICKEN

As the **lentils** bubble away, lay your **chicken breast(s)** on the chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way). Open it up like a book. Repeat for the other **breast(s)**. Pop onto a plate, season with **salt**, **pepper**, **lemon zest** and **zahtar spice**. Add a splash of **oil** and coat the **chicken** all over, using your hands. **IMPORTANT:** Remember to wash your hands and equipment your hands after handling raw meat.



## 4 GRILL THE CHICKEN

Lay the **chicken breast(s)**, opened flat out on a foil-lined baking tray and pop under your grill. Grill until browned on both sides and cooked through, 5-6 mins on each side. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 5 CHAR THE COURGETTES

While the chicken cooks, heat a frying pan over high heat (no oil). When hot, add the **courgette** and cook until charred, 3-4 mins on both sides. Remove from the pan, allow to cool and cut into small chunks. Add to the **dal** and get ready to serve!



## 6 FINISH AND SERVE

Season the **dal** to taste with **salt**, **pepper** and a squeeze of **lemon juice**. Stir in **half** the **parsley**. Share between your bowls. Halve the **chicken breast** and serve on top of the **dal**. Finish with a sprinkling of **parsley** and a final squeeze of **lemon juice**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Carrot *	1	1	2
Garlic Clove *	1	1	2
Courgette *	1	1½	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Tomato Purée	½ sachet	¾ sachet	1 sachet
Red Split Lentils	100g	150g	200g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water*	500ml	750ml	1ltr
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Chicken Breast *	2	3	4
Zahtar Spice 3)	1 small	¾ large	1 large

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 498G	PER 100G
Energy (kJ/kcal)	2006/480	402/96
Fat (g)	7	1
Sat. Fat (g)	2	1
Carbohydrate (g)	49	10
Sugars (g)	18	4
Protein (g)	56	11
Salt (g)	1.25	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

3) Sesame

**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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