



Zahtar Spiced Chicken with Creamy Lentils

Rapid 20 Minutes • 2 of your 5 a day

15



Chicken Breast



Zahtar Spice



Brown Lentils



Courgette



Garlic Clove



Ground Cumin



Chicken Stock Powder



Creme Fraiche



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:

Baking Tray, Colander, Saucepan, Garlic Press, Plate.

Ingredients

	2P	3P	4P
Chicken Breast**	2	3	4
Zahtar Spice	1 sachet	1 sachet	2 sachets
Brown Lentils	1 carton	1½ cartons	2 cartons
Courgette**	1	2	2
Garlic Clove	1	2	2
Ground Cumin	1 small sachet	1 large sachet	2 small sachets
Water for the Sauce*	75ml	110ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Creme Fraiche 7)**	100g	150g	200g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	452g	100g
Energy (kJ/kcal)	1978 /473	438 /105
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	29	7
Sugars (g)	8	2
Protein (g)	50	11
Salt (g)	1.37	0.30
Custom Recipe	Per serving	Per 100g

for uncooked ingredient	497g	100g
Energy (kJ/kcal)	2466 /589	497 /119
Fat (g)	28	6
Sat. Fat (g)	11	2
Carbohydrate (g)	30	6
Sugars (g)	8	2
Protein (g)	58	12
Salt (g)	2.60	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Marinate the Chicken

- Preheat your grill to high.
- Pop the **chicken** on a baking tray.
- Sprinkle the **zahtar spice** over the **chicken**.
- Season with **salt** and drizzle on a splash of **oil**.
- Rub the flavours into the **chicken**. **IMPORTANT:** Wash your hands after handling raw chicken.



Cook the Chicken

- Pop the baking tray under the grill.
- Grill the **chicken** until cooked through and golden, 15-18 mins, turning halfway. **IMPORTANT:** The chicken is done when no longer pink in the middle.



Prep the Veggies

- Drain and rinse the **lentils**.
- Trim the **courgette**, quarter lengthways then chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Lentils

- Heat a splash of **oil** in a 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 powder** and **lentils**.
- Simmer until the **courgette** is tender stirring occasionally., 5-6 mins.



Finish the Chicken


- When the **chicken** is ready, transfer to a plate.
- Keep to one side.



Finish and Serve

- Stir the **creme fraiche** into the **lentils** and bring to the boil.
- Season to taste with **salt** and **pepper**.
- Share the **lentils** between your bowls and top with the **chicken**.

Enjoy!

 **CUSTOM RECIPE**

- If you've decided to add **bacon lardons** to your meal, add to the pan before you add the **courgette, garlic** and **cumin** and cook for 2 mins. Add the **courgette, garlic** and **cumin** to the **bacon** and cook as instructed.

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.