

PAN-FRIED LEMON CHICKEN

with Creamy Lentils & Veggies



You'll have every reason to feel smug when you serve up this dinner. The creamy sauce with lentils and chopped veggies

is a perfect base for the juicy pan-fried chicken, coming together to make a meal that's nothing short of spectacular.



Make a creamy lentil dish













Lemon Thyme







Chicken Breast



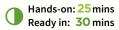
Lemon Pepper Spice Blend



Chicken Stock



Pantry Staples: Olive Oil









GET PREPPED

Finely chop the **carrot** (unpeeled) and celery. Thinly slice the leek. Finely chop the garlic (or use a garlic press). Pick the lemon thyme leaves. Pick and finely chop the sage leaves. Roughly chop the parsley. Drain and rinse the lentils.



PREP THE CHICKEN

Place your hand flat on top of a chicken **breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining chicken. In a medium bowl, combine the chicken, a drizzle of olive oil, the salt and the lemon pepper spice blend. Toss to coat.



Z COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of olive oil over a medium heat. Add the carrot, celery, leek, lemon thyme, sage and a pinch of salt and cook, stirring, until softened, 7-8 minutes.



PAN FRY THE CHICKEN

While the veggies are cooking, heat a drizzle of olive oil in a medium frying pan over a medium-high heat. When the oil is hot, add the chicken and cook until browned and cooked through, 2-4 minutes each side. Transfer to a plate to rest. * TIP: Chicken is cooked through when it is no longer pink inside.



ADD THE LENTILS

When the veggies have softened, reduce the heat to low and add the garlic. Cook, stirring, until fragrant, 1 minute. Add the lentils, crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people) and thickened cream. Simmer until thickened, 2-3 minutes. Season to taste with salt and pepper.



SERVE UP

Divide the creamy lentils and veggies between plates and top with the lemon chicken. Sprinkle with the parsley.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
leek	1	2
garlic	2 cloves	4 cloves
lemon thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
sage	1 bunch	1 bunch
lentils	1 tin	2 tins
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
lemon pepper spice blend	2 sachets	4 sachets
chicken stock	1 cube	2 cubes
thickened cream	1 packet (150 ml)	2 packets (300 ml)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (622Cal)	509kJ (121Cal)
Protein (g)	45.8g	9.0g
Fat, total (g)	37.7g	7.4g
saturated (g)	20.6g	4.0g
Carbohydrate (g)	21.4g	4.2g
- sugars (g)	7.1g	1.4g
Sodium (g)	833mg	163mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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