



PAN-FRIED LEMON CHICKEN

with Creamy Lentils & Veggies



Make a creamy lentil dish



Carrot



Celery



Leek



Garlic



Lemon Thyme



Parsley



Sage



Lentils



Chicken Breast



Lemon Pepper
Spice Blend



Chicken Stock



Thickened Cream

Hands-on: **25 mins**
Ready in: **30 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** • **medium frying pan**



1 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**.



2 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.



3 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**.



4 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.*



5 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**.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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