






More Than Food

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Roasted Chicken with Pancetta and Herbed Lentils

If this dish were a place, it would be a rustic little cottage somewhere in the Provençal countryside. Lentils are often overlooked in favour of more conventional accompaniments, but when teamed up with smoked pancetta and fresh herbs, they make the perfect bed for your crispy roasted chicken. If you happen to have a bottle of something Provençal in the wine rack then all the better. Bon appétit!



30 mins



healthy



gluten free



lactose free



Chicken Thigh



Thyme



Carrot



Onion



Celery



Green Beans



Flat Leaf Parsley



Organic Lentils




Pancetta



Bay Leaf

Ingredients

	2P	4P
Chicken Thigh	4	8
Thyme	3 sprigs	5 sprigs
Carrot, chopped	1	2
Onion, chopped	1	2
Celery, chopped	½ stick	1 stick
Green Beans	1 pack	2 packs
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Organic Lentils	1 tin	2 tins
Pancetta 1	1 pack	2 packs
Bay Leaf	1	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites

Nutrition per serving: Calories: 554 kcal | Protein: 50 g | Carbs: 49 g | Fat: 16 g | Saturated Fat: 6 g



1

1 Pre-heat the oven to 220 degrees. Pat the chicken skin dry with some kitchen towel and rub ½ tsp of olive oil on each thigh. Rub in a good pinch of salt and pepper and sprinkle over the leaves from 1 sprig of thyme. Cook them in the oven on the top shelf for 25 mins until the skin is nice and crispy. Rest them out of the oven afterwards.

Now boil a pot of water with a ¼ tsp of salt for the green beans.



2

2 Peel and finely chop the carrot and onion. Finely chop your celery and remove the ends from your green beans (i.e. top and tail them). Finely chop the parsley and drain and rinse the lentils.

5 Add the pancetta and the lentils to the pan with the cooked vegetables. Toss the ingredients together and season with a couple of pinches of salt and pepper. Turn off the heat. **Tip:** *Taste the mixture and add more salt and pepper if you need to.*



4

3 Add 1 tsp of oil to a non-stick frying pan on medium-high heat. When the oil is hot, cook the pancetta until it is crispy around the edges. Remove the pancetta from the pan and keep it to the side for later.

6 Cook the green beans for a minute in the boiling water. Drain them and then immediately run them under cold water. **Tip:** *This is to stop them cooking (i.e. 'refresh' them).*



5

4 Heat 1 tbsp of oil in the same pan you cooked your pancetta in and turn the heat to medium-low. Add the carrot, onion, celery, bay leaf and a couple of sprigs of thyme. After about 5 mins the veggies should be nice and soft.

7 Once the chicken is ready, toss the fresh parsley and the green beans into the lentils. Serve with the chicken on top.