






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Roasted Chicken with Smoked Pancetta and Herbed Lentils

If this dish were a place, it would be a rustic little cottage somewhere in the Provençal countryside. Puy 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 min



family box



gluten free



Chicken Thigh



Thyme



Carrot



Onion



Green Beans



Flat Leaf Parsley



Organic Lentils



Pancetta



Bay Leaf



Crème Fraîche

Ingredients

	2P	4P
Chicken Thigh	-	8
Thyme	-	5 sprigs
Carrot, diced	-	1 cup
Onion, diced	-	2 cups
Green Beans	-	2 bags
Flat Leaf Parsley, chopped	-	4 tbsp
Organic Lentils	-	2 tins
Pancetta 1	-	½ cup
Bay Leaf	-	1
Crème Fraîche 2	-	100g pot

🌱 May feature in another recipe

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

LH Step for little hands

Allergens

1) Sulphites | 2) Milk

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



1 Pre-heat the oven to 220 degrees. **LH:** *Pat the chicken skin dry with some kitchen towel and rub ¼ tsp of olive oil on each thigh. Rub in a good pinch of salt and pepper and sprinkle over the leaves from 2 sprigs 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.



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



3 Add 2 tsp of oil to a non-stick 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.



4 Heat 2 tbsp of oil in a non-stick pan on medium-low heat. Add the onion, carrot, bay leaf and a few of sprigs of thyme. After about 5 mins the veggies should be nice and soft. Now boil a pot of water with a ½ tsp of salt for the green beans.

5 Add the pancetta and the puy 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.*

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).*

7 **LH:** *Once the chicken is ready, toss the fresh parsley and the green beans into the lentils together with the crème fraîche.* Serve with the chicken on top.