



Pan-Fried Chicken Thighs

with Spiced Creamy Lentils

CLASSIC 25 Minutes • Little Heat • 2.5 of your 5 a day



Carrot



Leek



Red Chilli



Thyme



Sage



Skin-on Chicken Thigh



Lentils



Chicken Stock Powder



Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Frying Pan and Sieve.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Leek**	1	2	2
Red Chilli**	½	¾	1
Thyme**	½ bunch	¾ bunch	1 bunch
Sage**	½ bunch	¾ bunch	1 bunch
Skin-on Chicken Thigh**	4	6	8
Lentils	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7)**	100g	150g	200g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	497g	100g
Energy (kJ/kcal)	2324/556	467/112
Fat (g)	36	7
Sat. Fat (g)	12	2
Carbohydrate (g)	20	4
Sugars (g)	8	2
Protein (g)	42	8
Salt (g)	1.10	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep the Veggies

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the root and the dark green leafy part from the **leek**. Slice into rounds about ½cm thick. Halve the **chilli** lengthways, remove the seeds then finely chop.



4. Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Season the **chicken** with **salt** and **pepper**. Once the pan is hot, lay in the **chicken** skin side down and fry until the skin is golden and crisp, 5 mins. **IMPORTANT:** Wash your hands after handling raw chicken. Once golden, turn and cook for 5 mins on the other side, then continue cooking, turning every 2 mins for 4-6 more mins or until the **chicken** is cooked through. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



2. Prep the Herbs

Pick both the **thyme leaves** and the **sage leaves** from their stalks (discard the stalks from both herbs). Roughly chop the **sage leaves**.



5. Add the Lentils

While the **chicken** cooks, drain and rinse the **lentils** in a sieve. Once the **veggies** are soft, add the **lentils** along with a splash of **water**, **stock powder** and **crème fraîche**. Stir to dissolve the **stock powder**, bring to the boil and then remove from the heat. Season to taste with **salt** and **pepper** if needed. Add more **chilli** if you want it spicier!



3. Cook the Veggies

Heat a splash of **oil** in a large saucepan over medium heat. Add the **carrot**, **leek**, and to start with, a pinch of **chilli** (you can add more or less depending on how much you like **spice!**) and all of the **thyme** and **sage**. Season with **salt** and cook gently until soft, 8-9 mins, stirring occasionally. **TIP:** Turn the heat down if the ingredients start to brown.



6. Serve

Spoon the **spiced creamy lentils** onto your plates and top with the **pan-fried chicken**.

Enjoy!

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.