



Cooking Made Easy

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## Quick Lebanese Chicken with Body Boosting Veggies

We heard a good analogy recently. Putting sugary, processed foods into your body is like throwing tissue paper on a fire. A big burst of energy then \*puff\* the flames go out. Sweet potatoes on the other hand are more like throwing on a hefty log. They're slow burning and keep you going for hours. With warming shawarma spices this is a plateful of 'central eating'.

 35 min

 gluten free



Sweet Potato



Green Pepper



Red Pepper



Red Onion



Chicken Breast



Shawarma Spice



Organic Lentils



Crème Fraîche

## Ingredients

	2P	4P
Sweet Potato, cubed	1½ cups	3 cups
Green pepper, cubed	1	2
Red Pepper, cubed	½	1
Red Onion, cubed	1 cup	2 cups
Chicken Breast	2	4
Shawarma Spice	1 tbsp	2 tbsp
Organic Lentils	1 tin	2 tins
Crème Fraîche <b>1</b>	2 tbsp	4 tbsp

🌱 May feature in another recipe

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

**Allergens**  
1) Milk

**Nutrition per serving:** Calories: 573 kcal | Protein: 54 g | Carbs: 54 g | Fat: 16 g | Saturated Fat: 6 g



**1** Heat your oven to 200 degrees. Scrub your sweet potato but leave the nutritious skin on and chop into rough 2cm cubes. Cut the core out of the peppers and cut the flesh into 2cm cubes. Peel the red onion and chop into 2cm cubes.

of salt and pepper. **Tip:** Use the roasting tray to toss everything together to save on washing up!



**2** Toss all the vegetables in 1 tbsp of olive oil and ½ tsp of salt and pepper. Lay out on a tray and cook on the top shelf for 20-25 mins.

**7** Divide your vegetables between your plates. Cut the chicken on the diagonal and lay on top. Final top with a little crème fraîche seasoned with a little pinch of salt and pepper.



**3** Sandwich your chicken breasts between 2 pieces of cling film (if you have some). Bash the chicken with a rolling pin until it is ½cm thick all over. **Tip:** If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.

**4** Rub 1 tsp of olive oil onto the chicken breasts. Mix the shawarma spice with a pinch of salt and rub over each of the breasts.



**5** Heat a large frying pan. Gently lay your chicken breasts in and cook on each side for around 4 mins.

**6** Drain and rinse the lentils. Toss the lentils together with the cooked vegetables and ¼ tsp