



Cooking Made Easy



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Pan-Fried Chicken with Creamy Leek and Porcini Lentils

Shannon, our nutritional guru, did a blog on our site about the wonders of leeks, so today the canteen will be serving this delicious, nutrition-packed dinner in her honour. Shannon is all about demystifying the world of nutritional jargon and she has some awesome ideas for getting your new year off to a kickstart - check out her site at www.shannonflavell.com



25 min



level 2



gluten-free



family box

Ingredients

	2P	4P
Organic Lentils	-	2 tins
Chicken Breast	-	4
Fresh Thyme 	-	6 sprigs
Crème Fraîche 1	-	5 tbsp
Celery, diced 2	-	1 stick
Carrot, diced	-	1 cup
Dried Porcini Mushrooms	-	2 tbsp
Leek, chopped	-	2

 May feature in another recipe

* Good to have at home

Allergens

1) Milk | 2) Celery

Nutrition per serving

Calories: 550kcal,
Protein: 54g, Carbs: 48g,
Fat: 16g, Saturated Fat: 6g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Soak the porcini mushrooms in $\frac{1}{2}$ a cup of warm water.

2 Peel and dice the carrot into tiny cubes (less than $\frac{1}{2}$ cm cubes if possible). Dice the stick of celery into tiny cubes too. Chop the very bottom and the leafy top from the leek. Chop the leek into $\frac{1}{2}$ cm discs.

3 Pinch the thyme stalks between thumb and index finger and run your fingers along the stalk to strip off the leaves. **T:** *Thyme freezes really well if you have any leftovers that you want to keep.*

4 Heat 1 tbsp of olive oil in a pan on medium heat. Add the carrot, celery, leek and thyme leaves to the pan. Add $\frac{1}{2}$ tsp of salt and cook gently for around 8 mins until soft.

Tip *Turn the heat down if the ingredients start to brown off*

5 Place the chicken breasts between two sheets of clingfilm. Use a rolling pin or the bottom of a saucepan to whack the chicken.

Tip *You want the chicken to be less than 1 cm thick all over*

6 Remove the porcini mushrooms from the water but do not throw the water away. Chop the porcini really finely and add to the vegetables.

7 Heat 1 tbsp of olive oil in a non-stick pan on medium-high heat. Once hot, add in the chicken and cook for around 4 mins on each side. Season both sides with a pinch of salt and pepper whilst cooking. The chicken is ready when it is no longer pink in the middle.

8 Thoroughly rinse and drain the lentils. Add them to the pan of vegetables with 5 tbsp of porcini water and 5 tbsp of crème fraîche. Add $\frac{1}{2}$ tsp of salt and a few grinds of black pepper (taste and add more if needed). Spoon the mixture onto plates and top with the chicken.

