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## Roasted Chicken with Pancetta and Lentils

You may not realise it, but in this simple Top Chef recipe you will be preparing one of the most fundamental French cooking techniques, mirepoix! This is a combination of the 'holy trinity' of vegetables – onion, celery and carrot. The aromatic blend is used to give depth of flavour to stocks, broths, sauces and soups. The traditional ratio is two parts onion, one part carrot, and one part celery. You can 'sweat' these veggies in a pan with a little oil or butter to add richness to stocks, soups, stews and braises. We have done just that here to add some va-va-voom to the simple little lentil. We hope you enjoy it!

 30 mins

 lactose free



Chicken Thigh (4)



Thyme (4 sprigs)



Carrot (1)



Onion (1)



Celery (1 stick)



Green Beans (1 pack)



Flat Leaf Parsley  
(1/2 bunch)



Organic Vert Lentils  
(1 tin)




Pancetta  
(1 pack)



Bay Leaf  
(1)

## 2 PEOPLE INGREDIENTS

- Chicken Thigh **4**
- Thyme **4 sprigs**
- Carrot, chopped **1**
- Onion, chopped **1**
- Celery, chopped **1 stick**
- Green Beans **1 pack**
- Flat Leaf Parsley, chopped **½ bunch**
- Organic Vert Lentils **1 tin**
- Pancetta **1 pack**
- Bay Leaf **1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The formal name for green lentils is 'bijoux verts' which means 'green jewels' in French.

**Allergens:** Celery, Mustard, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	693 kcal / 2893 kJ	37 g	10 g	28 g	9 g	64 g	1 g
<b>Per 100g</b>	128 kcal / 536 kJ	7 g	2 g	5 g	2 g	12 g	0 g

1



**1** Pre-heat your oven to 220 degrees. Pat the **chicken** skin dry with some kitchen paper and rub a knob of **butter** or **olive oil** on each **thigh**. Rub in a good pinch of **salt** and **pepper** and sprinkle over half the leaves from your **thyme**. Cook them in your oven on the top shelf for 25 mins, until the skin is nice and crispy. Rest out of your oven afterwards. **Tip:** *The chicken is fully cooked when it is no longer pink in the middle.*

2



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

3



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

4



**4** Heat another dash of **olive oil** in the same pan you cooked your pancetta in and turn the heat to medium-low. Add your **carrot, onion, celery, bay leaf** and your remaining **thyme** leaves. After about 5 mins your veggies should be nice and soft. Now boil a pot of water with a pinch of **salt** for the **green beans**.

**5** Add your **pancetta** and **lentils** to the pan with your **veggies**. Mix together and season with a couple of pinches of **salt** and **pepper**. Turn off the heat.

**Tip:** *Taste the mixture and add more seasoning if you need to.*

**6** Cook your **green beans** for 4 mins 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** Once your chicken is ready, toss your **parsley** and your **green beans** into your **lentils**. Serve with your **chicken** on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!