



Zahtar Spiced Chicken

with Creamy Lentils

RAPID 20 Minutes • 2 of your 5 a day

N° 14



Zahtar Spice



Chicken Breast



Lemon



Flat Leaf Parsley



Lentils



Courgette



Garlic Clove



Ground Cumin



Knorr Chicken Stock Pot



Crème Fraîche

Before you start

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

Basic cooking tools, you will need:

Fine Grater, Sieve, Frying Pan and a Saucepan.

2 | 3 | 4 People-Ingredients

	2P	3P	4P
Zahtar Spice 3)	1 small pot	¾ large pot	1 large pot
Chicken Breast**	2	3	4
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Courgette**	1	1½	2
Garlic Clove**	1	2	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Sauce*	75ml	110ml	150ml
Knorr Chicken Stock Pot	½ pot	¾ pot	1 pot
Crème Fraîche 7)**	¾ pouch	1 pouch	1½ pouches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	501g	100g
Energy (kJ/kcal)	1956 / 468	391 / 93
Fat (g)	23	5
Sat. Fat (g)	9	2
Carbohydrate (g)	20	4
Sugars (g)	9	2
Protein (g)	48	10
Salt (g)	1.59	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 7) Milk

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Marinate the Chicken

a) Preheat your grill to high.

b) Sprinkle the **Zahtar spice** over the **chicken** and grate on the zest of the **lemon**.

c) Season with **salt** and drizzle on a splash of **oil**.

d) Rub the flavours into the **chicken** and pop onto a baking tray. **IMPORTANT:** *Wash your hands after handling raw chicken.*



2. Cook the Chicken

a) Pop the tray under the grill.

b) Grill the **chicken** until cooked through and golden, 15-18 mins, turning halfway.

IMPORTANT: *The chicken is done when no longer pink in the middle!*



3. Prep the Veggies

a) Meanwhile, roughly chop the **flat leaf parsley** (stalks and all).

b) Drain and rinse the **lentils**.

c) Trim the **courgette**, quarter lengthways then chop widthways into small pieces.

d) Peel and grate the **garlic clove** (or use a garlic press).



4. Cook the Lentils

a) Heat a splash of **oil** in a saucepan over medium heat.

b) Add the **courgette**, **garlic** and **ground cumin**. Cook, stirring, for 1-2 mins, then add the **water** (see ingredients for amount).

c) Bring to the boil then stir in the **Knorr stock pot** and **lentils**.

d) Simmer until the **courgette** is tender, 5-6 mins, stirring occasionally.



5. Finish the Chicken

a) When the **chicken** is ready, transfer to a plate.

b) Squeeze over some **lemon juice** and sprinkle over **half** the **parsley**.

c) Keep to one side.



6. Finish and Serve

a) Stir the **crème fraîche** into the **lentils** and bring to the boil.

b) Stir in the remaining **parsley** and season to taste with **salt** and **pepper**.

c) Share the **lentils** between your bowls and top with the **chicken**.

Enjoy!

HELLO KNORR!

At Knorr, our stocks are made with carefully selected ingredients, that are slowly simmered to release maximum flavour. Our stocks are also gluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!