



Cal Smart Spiced Chicken Breasts and Lentils with Baby Green Salad

Calorie Smart 30 Minutes



Chicken Breasts



Mirepoix



Harissa Spice Blend



Garlic Puree



Spring Mix



Red Wine Vinegar



Dijon Mustard



Lentils, canned



Parsley



Chicken Broth Concentrate



Sour Cream

HELLO LENTILS

High in fibre, low in carbs and perfect for chicken breasts!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mirepoix	113 g	227 g
Harissa Spice Blend	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Lentils, canned	398 ml	796 ml
Parsley	7 g	14 g
Chicken Broth Concentrate	1	2
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

Drain **lentils** over a medium bowl. Reserve **¼ cup lentil liquid** (dbl for 4 ppl). Roughly chop **parsley**. Whisk together **half the Dijon**, **half the vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Set aside.



4 Finish lentils

Once **liquid** thickens, stir in **remaining vinegar** and **remaining Dijon**, then remove the pan from heat. Season with **salt** and **pepper**, to taste.



2 Prep and cook chicken

Pat **chicken** dry with paper towels. Season with **Harissa Spice Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook chicken in 2 batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min.**



5 Assemble salad and make harissa sour cream

Add **spring mix** and **half the parsley** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine. Set aside. Whisk together **sour cream**, **remaining Harissa Spice Blend** and **1 tbsp water** (dbl for 4 ppl) in a small bowl.



3 Cook lentils

While **chicken** roasts, add **1 tbsp butter** (dbl for 4 ppl) to the same pan over medium-high, then swirl the pan until melted. Add **mirepoix**. Cook, stirring occasionally, until **mirepoix** softens, 3-4 min. Season with **salt** and **pepper**. Add **garlic**, **lentils**, **broth concentrate** and **reserved lentil liquid**. Cook, stirring occasionally, until **liquid** thickens slightly, 3-4 min.



6 Finish and serve

Thinly slice **chicken**. Divide **lentils** and **chicken** between plates. Drizzle **harissa sour cream** over top. Serve **salad** alongside.

Dinner Solved!