



French Inspired Chicken and Lentils

with Tomato, Mirepoix and Garlic Bread

PRONTO 30 Minutes



Chicken Breasts



Green Lentils



Mirepoix



Thyme



Garlic



Chicken Broth Concentrate



Roma Tomato



Artisan Roll



Whole Grain Mustard

HELLO MIREPOIX

A classic French cooking combo of chopped carrot, celery and onion

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature -- this will create the perfect spreadable condiment!

Bust Out

2 Baking Sheets, Measuring Spoons, Measuring Cups, Large Non-Stick Pan, Strainer, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Green Lentils	1 can	2 can
Mirepoix	113 g	227 g
Thyme	7 g	14 g
Garlic	6 g	12 g
Chicken Broth Concentrate	1	2
Roma Tomato	160 g	320 g
Artisan Roll	2	4
Whole Grain Mustard	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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



1. PREP

Strip **1 tbsp thyme** (dbl for 4 ppl) from stems. Finely chop **tomato**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then sprinkle with **half the thyme**. Season with **salt and pepper**.



4. COOK LENTILS

Add **tomatoes, broth concentrate, mustard, lentils**, including their **liquid** and **¼ cup water** (dbl for 4 ppl). Bring to a boil over high heat. Cook, stirring occasionally, until **lentils** are tender and some of the **liquid** has absorbed, 4-5 min.



2. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 2-3 min per side. Transfer **chicken** to a baking sheet and bake in **middle** of oven, until cooked through, 12-14 min.**



5. MAKE GARLIC BREAD

While **lentils** cook, split **rolls** in half and arrange on another baking sheet. Combine **remaining garlic, remaining thyme** and **2 tbsp butter** (dbl for 4 ppl) in a small bowl. Season with **salt and pepper**. Spread **garlic butter** on the cut side of **each half**. Toast, in the **top** of the oven, until golden-brown, 4-5 min.



3. COOK VEGGIES

While **chicken** bakes, heat the same pan over medium heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **mirepoix** and **half the garlic**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min. Season with **salt and pepper**.



6. FINISH AND SERVE

Slice **chicken**. Divide **lentil stew** between bowls and top with **chicken**. Serve with **garlic bread**.

Dinner Solved!

Contact

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