



Chicken

and Red Lentil Stew

Diced chicken breast simmered with tomato and red lentils with carrot and kale all in one pan.



25 minutes



4 servings



Chicken

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
TOMATOES	2
DICED CHICKEN BREAST	600g
RED LENTILS	200g
KALE LEAVES	4

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder or paste, stock cube (of choice)

NOTES

We have chosen a curry base flavour for this stew. You could add curry leaves, ginger or cumin seeds for extra fragrance. If you don't feel like a curry style stew you can add dried or fresh herbs, fennel seeds and tomato paste or harissa paste.

Serve this dish with some crusty bread or rice for a more filling meal.

1. SAUTÉ THE AROMATICS

Heat a saucepan over medium heat with **oil**. Dice **onion** and **carrots**. Wedge **tomatoes**. Add to pan with **curry powder or paste of choice** (see notes). Cook for 3 minutes until fragrant.

TIP *Use coconut oil for extra fragrance. We used 3 tbsp mild curry spice mix and 1 tsp black mustard seeds. You could use a blend of ground turmeric, cumin, coriander, cardamom or garam masala. Add some crushed garlic if you have some!*

2. ADD CHICKEN AND SIMMER THE LENTILS

Add **chicken** to pan and cook until sealed (add more **oil** if needed). Stir in **lentils**, **1 crumbled stock cube** and **1L water**. Increase heat to medium-high, semi cover and simmer for 10 minutes until **lentils** are tender. Slice **kale** leaves and stir through until wilted. Season with **salt and pepper** to taste.

TIP *You can add tomato paste or coconut milk for extra richness. We used a chicken stock cube, you could use stock paste or stock liquid instead of water.*

3. FINISH AND SERVE

Divide **chicken** and **lentils** among bowls. Garnish as desired (see tip).

TIP *Garnish the dish with a dollop of yoghurt, chopped coriander or fresh herb, sliced fresh chilli and toasted nuts if you have some! Add lime or lemon wedges to serve.*

This recipe has simplified instructions to help lower your meal cost.