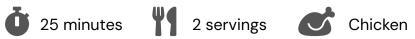






# Chicken and Red Lentil Stew





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

#### FROM YOUR BOX

BROWN ONION	1
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CARROT	1
ТОМАТО	1
DICED CHICKEN BREAST	300g
RED LENTILS	100g
KALE LEAVES	2

#### 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 carrot. Wedge tomato. 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 2 tbsp mild curry spice mix and 1/2 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, 1/2 crumbled stock cube and 2 cups 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 liquid stock instead of water.

#### 4. FINISH AND SERVE

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