



## Chicken

with Lentil Salad

Tender chicken schnitzels served alongside a vibrant lentil salad, featuring nutty Puy lentils, fresh mint, and juicy tomatoes.



30 minutes



2 servings



Chicken

## FROM YOUR BOX

PUY LENTILS	100g
MINT	1 packet
SPRING ONIONS	1 bunch
TOMATO	1
CHICKEN SCHNITZELS	300g

## FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, vinegar (of choice)

## NOTES

You can add some diced cucumber, capsicum or radishes to the lentil salad. Diced creamy avocado, chickpeas for protein and olives or feta cheese for a salty flavour can also be added.

## 1. COOK THE LENTILS

Place **lentils** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.

## 2. PREPARE THE SALAD

In a large salad bowl, whisk together **1 1/2 tbsp vinegar** and **2 tbsp olive oil** (see tip). Finely slice **mint leaves** and **spring onions** (use both to taste). Finely dice **tomato**. Add to bowl with dressing along with **lentils** and toss to combine. Season with **salt and pepper**.

**TIP**

*You can add some crushed garlic, maple syrup or honey to the dressing for added depth of flavour. If you have a lemon you can use the zest and juice instead of vinegar.*

## 3. COOK THE CHICKEN

Coat **chicken** with seasoning of choice (see tip), **oil, salt and pepper**. Heat a frypan over medium-high heat and cook chicken for 3–4 minutes each side or until cooked through.

**TIP**

*You could coat the chicken with ground coriander or smoked paprika for a warm spiced flavour. For a herby flavour, you could use dried oregano or thyme. We used 2 tsp ground coriander.*

## 4. FINISH AND SERVE

Slice chicken and serve with lentil salad.

**TIP**

*You can garnish this dish with some toasted pine nuts or sliced almonds. Fresh chopped red chilli or lemon zest and lemon wedges also compliment this dish.*

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