



# Chicken

## and Red Lentil Stew

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



25 minutes



4 servings



Chicken

## FROM YOUR BOX

|                      |                 |
|----------------------|-----------------|
| BROWN ONION          | 1               |
| CARROTS              | 2               |
| TOMATOES             | 2               |
| DICED CHICKEN BREAST | 600g            |
| RED LENTILS          | 200g (2 x 100g) |
| 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.*

## 4. 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.**