

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Spiced Chicken and Lentils

Golden roasted carrots and spiced chicken breast tossed with hearty lentils and baby spinach, finished with a tangy balsamic dressing.



30 minutes



4 servings



Chicken

FROM YOUR BOX

CARROTS	4
DICED CHICKEN BREAST	600g
GARLIC CLOVE	1
TINNED BROWN LENTILS	400g
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt and pepper, vinegar of choice

NOTES

You can add extra vegetables to roast at the same time as the carrots if you want to bulk up the salad. Pumpkin, red onion and capsicum work well! Add some fresh chopped herbs such as coriander, parsley or mint to elevate the salad.

1. ROAST THE CARROTS

Set oven to 220°C. Cut **carrots** into batons and toss on a lined oven tray with **olive oil, salt, and pepper** (see tip). Roast for 20–25 minutes, turning halfway, until golden and tender.

TIP *Drizzle with honey or balsamic vinegar before roasting for extra flavour. You can also add ground cumin, coriander, or paprika for a spiced touch. We tossed the carrots with 2 tsp cumin seeds and 2 tsp honey.*

2. COOK THE CHICKEN

Heat a large frypan over medium–high heat with **olive oil**. Season **diced chicken breast** with **salt, pepper**, and your choice of **ground spice** (see tip). Cook for 6–8 minutes, tossing occasionally, until golden and cooked through. Set aside.

TIP *You can use ground cumin, smoked paprika, garam masala or curry powder to spice the chicken. We used 1 tbsp garam masala.*

3. MAKE THE DRESSING

Crush **garlic** and whisk together with **2 tbsp vinegar, 3 tbsp olive oil, salt, and pepper** in a small bowl.

TIP *We used lemon juice instead of vinegar. Red wine or apple cider vinegar would work well!*

4. TOSS THE SALAD

Drain and rinse **lentils**. In a large bowl, toss together roasted carrots, cooked chicken, lentils, and **baby spinach**. Drizzle with dressing and toss gently to combine.

TIP *Sprinkle with toasted nuts or seeds for crunch or add crumbed feta for a creamy finish.*

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