





Stuffed Chicken Breast

with Chilli and Feta

 30-40min  2 Portions

We go lentil as anything with this quick and nutritious dinner for two! Chicken breast fillets are the perfect vessel for the chilli, feta and toasted almond stuffing, while vibrant green beans and wholesome lentils create the perfect base, making this a great, well-rounded meal. Just squeeze over fresh lemon juice and enjoy!

What we send

- 1 long red chilli and parsley
- green beans
- feta ⁷
- French-style lentils
- free-range chicken breast fillet
- capers
- lemon
- slivered almonds ¹⁵

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- grater
- medium saucepan
- oven tray
- sieve
- small frypan
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 24.5g, Proteins 56.2g, Carbs 30.9g



1. Prepare ingredients

Toast the **almonds** in a small, dry frypan over medium-low heat for 3-4 mins until golden. Tip onto a plate to cool. Finely zest and juice half the **lemon**. Crumble the **feta**. Deseed and finely chop half the **chilli** (reserve remaining for another use). Pick the **parsley** leaves (reserve the stems) and finely chop.



4. Cook lentils

Meanwhile, rinse the **lentils** under cold water and place in a medium saucepan with the **parsley** stems. Cover with cold water and bring to the boil. Reduce heat to a simmer and cook for 15 mins or until al dente. Drain and discard the parsley stems.



2. Stuff chicken

Preheat the oven to 200C. Place 1 tsp **lemon zest** with the **chopped chilli**, **capers**, half the **almonds**, half the **feta**, half the **parsley**, and a pinch of **sea salt and pepper** in a large bowl. Cut a deep pocket into the side of each **chicken breast fillet** and fill with the mixture.



5. Prepare lentil salad

Meanwhile, bring a small saucepan of salted water to the boil for the green beans. Combine the remaining **almonds**, **feta** and **parsley** in a bowl. Add ½ tsp **lemon zest**, 1 tbs **lemon juice**, 1 tbs **oil** and a pinch of **sea salt and pepper**.



3. Cook chicken

Place the **chicken breast fillets** on a lined oven tray. Drizzle with 2 tsp **oil** and roast for 20 mins or until cooked and golden.



6. Finish lentil salad

Trim **beans**, cut in half and cook in the pan of boiling water for 2 mins or until just tender. Drain and keep warm. Gently stir **drained lentils** through **salad**. Cut the remaining **lemon** half into wedges. Spoon the **warm lentil salad** onto plates and top with the **stuffed chicken breasts**, beans and lemon wedges.