



## Lemon and Paprika Chicken

with Lentil and Spinach Salad



20-30min



2 Portions

For a simple and nourishing warm salad, consider this recipe featuring citrusy pan-fried chicken marinated in smoked paprika, served over a dill-laced lentil salad tossed with lemon vinaigrette. Unlike other varieties of pulses, French-style blue lentils retain their shape during cooking, adding a complementary nutty texture to the dish.

## What we send

- baby spinach leaves
- bay leaves
- spring onion, dill, garlic
- ground sweet paprika
- free-range chicken breast fillet
- lemon
- French-style blue lentils

## What you'll require

- extra virgin olive oil
- olive oil spray
- sea salt and pepper

## Utensils

- foil
- large frypan
- medium saucepan
- sieve

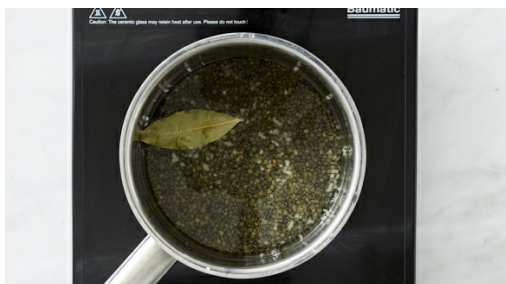
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

May contain traces of allergenic ingredients.

## Nutrition per serving

Energy 460kcal, Fat 15.3g, Carbs 27.7g, Proteins 45.6g



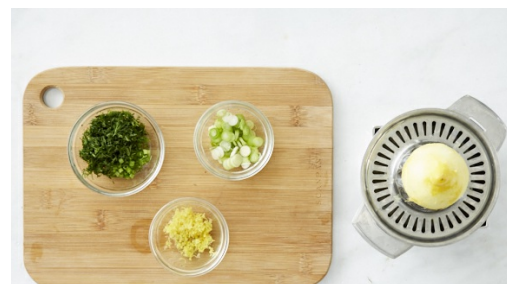
### 1. Cook lentils

Rinse and drain the **lentils** in a sieve, then put in a medium saucepan with the **bay leaves**. Crush or finely chop the **garlic**, then add to the pan. Cover with enough cold water to submerge the lentils by 5cm, and bring to the boil. Cover with a lid, then simmer for 20-25 mins until just tender. Drain **lentils** and discard the **bay leaf**.



### 4. Make dressing

Combine the **extra virgin olive oil** and **lemon zest** in a large bowl. Season with **salt and pepper**.



### 2. Prepare ingredients

While lentils are cooking, thinly slice the **spring onion**. Finely grate the **lemon** rind and juice **half the lemon** (keep the remainder for another use). Finely chop the **dill**, including the stems, discarding any thicker parts.



### 5. Cook chicken

Heat a large frypan over medium-high heat. Lightly spray with **olive oil spray**, add the **chicken** and cook for 4-5 mins each side until golden and cooked through. Transfer to a plate. Pour over the **lemon juice** and set aside for 2 mins.



### 3. Prepare chicken

Place the **chicken** directly onto a board. Place your hand on top and carefully slice in half horizontally through the middle. Scatter **half the paprika** over the chicken (keep remaining paprika for another use) and season with **salt and pepper**.



### 6. Get ready to serve

Add **lentils, spring onion, baby spinach** and **dill** to the dressing and toss to combine. Thickly slice the **chicken** on a board. Add the chicken resting juices to the salad and toss to combine. Divide salad among plates and top with the chicken to serve.

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Australian ingredients