

Lemon and Paprika Chicken

with Lentil and Spinach Salad



20-30min



4 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

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

What you'll require

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

Utensils

- foil
- large frypan
- medium saucepan
- sieve

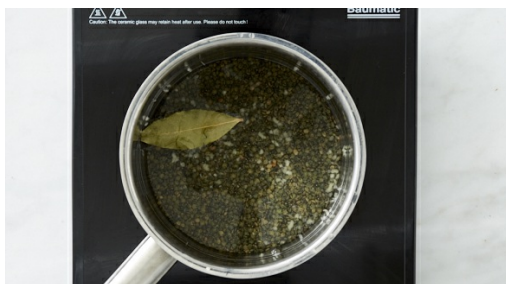
Our vegies come fresh from the farm, so please wash them before use.

Allergens

May contain traces of allergenic ingredients.

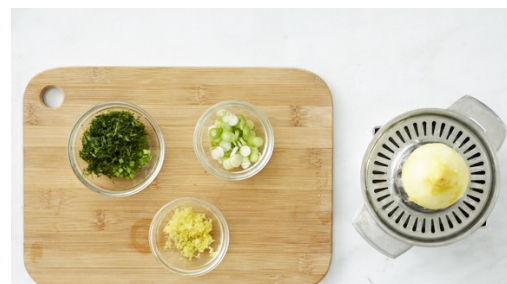
Nutrition per serving

Energy 450kcal, Fat 15.8g, Carbs 26.6g, Proteins 45.4g



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**.



2. Prepare ingredients

While lentils are cooking, thinly slice the **spring onions**. Finely grate the **lemon** rind and juice lemon. Finely chop the **dill**, including the stems, discarding any thicker parts.



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 the **paprika** over the chicken and season with **salt and pepper**.



4. Make dressing

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



5. Cook chicken


Heat a large frypan over medium-high heat. Lightly spray with **olive oil spray**, then working in batches, 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.



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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