

MARLEY SPOON



Dukkah Chicken and Yoghurt

with Lentil Beetroot Salad



20-30min



4 Portions

What we send

- 7
- 1,11,15
- mint
- 2 garlic cloves

What you'll require

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

Utensils

- large saucepan

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

Cooking tip

The garlic in the dressing is raw so it needs to be finely minced. You can add a small amount of salt to the chopped garlic to help mince finely.

Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

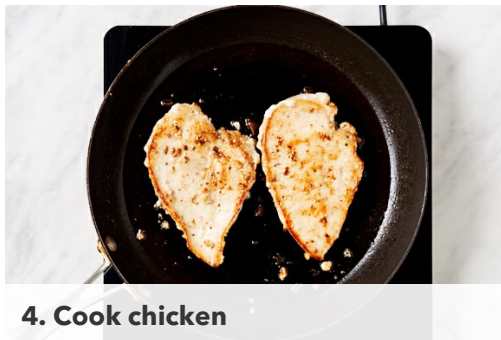
Nutrition per serving

Energy 640kcal, Fat 19.4g, Carbs 54.6g, Proteins 53.0g



1. Cook lentils

Read through the recipe. Bring a large saucepan of water to the boil. Add the **lentils**, then reduce the heat to medium and cook, stirring occasionally, for 20 mins. Add the **currants** and cook for a further 1 min or until the lentils are tender. Drain.



4. Cook chicken

Heat a large frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan and rest for 3 mins. Slice thickly, reserving any resting juices.



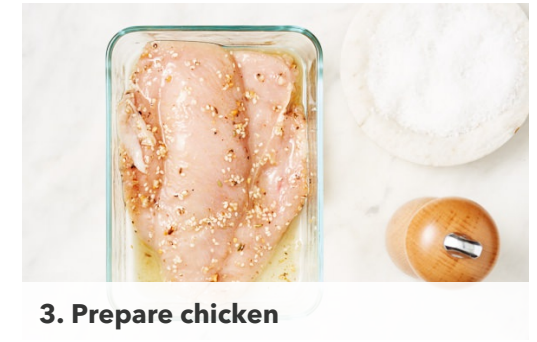
2. Prepare ingredients

Meanwhile, peel the **beetroot**, then shred using a julienne peeler or coarsely grate with a box grater. Coarsely grate the **apples**. Very thinly slice the **onion**. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Pick the **mint** leaves, discarding the stems.



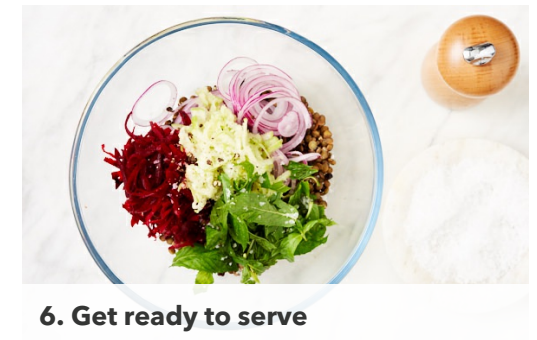
5. Make yoghurt dressing

Finely grate the **lemon zest** then juice. Put the **lemon zest** in a small bowl with **2 tbs lemon juice**, **yoghurt**, the **remaining garlic** and **1½ tbs water** and whisk to combine. Taste and season with **salt and pepper**.



3. Prepare chicken

Combine **3 tsp dukkah**, **2 tbs olive oil**, **half the garlic** and **salt and pepper** in a shallow dish. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Add the chicken to the dish and turn to coat.



6. Get ready to serve

Coarsely tear the **mint**, then put in a large bowl with the **lentils**, **beetroot**, **apple**, **onion** and **1 tbs extra virgin olive oil**. Season with **salt and pepper** and toss to combine. Divide the **lentil salad**, **chicken** and **yoghurt dressing** among plates. Drizzle with resting juices and sprinkle with the **remaining dukkah** to serve.