



Fragrant Tarragon Chicken

with Lentils and Tuscan Kale



20-30min



2 Portions

Feeling adventuresome? Then hold tight. Here, we've slathered chicken breast in a tasty spice mix, fried it until golden then finished it in sauce with hints of tarragon. Teamed with healthy braised kale and lentils, it's the right kind of warming, sustaining, wholesome meal you want at the end of a long winter's day.

What we send

- 1 carrot
- 200g Tuscan kale
- 1 shallot
- 400g lentils
- 5g smoked paprika
- 5g Malaysian curry powder
- 1 large free-range chicken breast fillet
- 2 chicken-style stock cubes
- tarragon
- 2 garlic cloves

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- sea salt and pepper
- olive oil
- boiling water
- white wine vinegar ¹⁷

Utensils

- large frypan
- medium frypan

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

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 550kcal, Fat 17.8g, Carbs 36.8g, Proteins 52.6g



1. Prepare vegetables

Read through the recipe. Crush or finely chop the **garlic**. Finely chop the **tarragon** leaves, discarding the stems. Peel and quarter the **carrot** lengthwise, then thinly slice. Trim the **kale**, then thinly slice the stems and leaves. Finely chop the **shallot**. Rinse and drain the **lentils**.



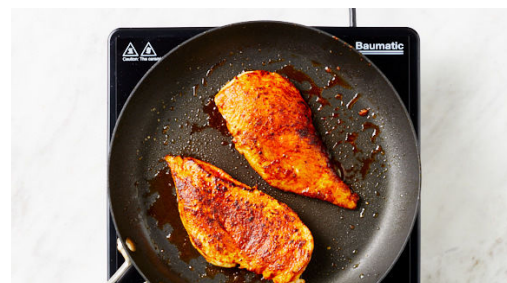
4. Add lentils

Add the **lentils** and **250ml (1 cup) of the stock** to the carrot mixture and bring to a simmer. Cook, stirring occasionally, for 5 mins or until the lentils are tender and the liquid is slightly reduced. Stir in the **kale** and cook a further 3 mins or until the kale is wilted.



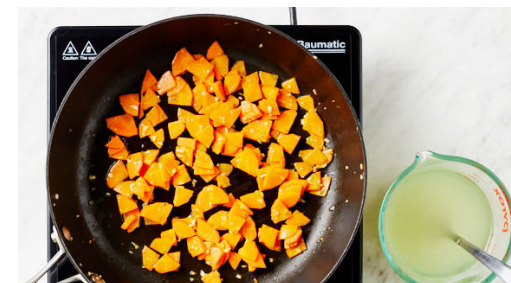
2. Prepare chicken

Meanwhile, combine **1 tsp smoked paprika**, **1 tsp Malaysian curry powder** and a **large pinch of salt** in a bowl. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Dust the chicken on both sides with the spice mix.



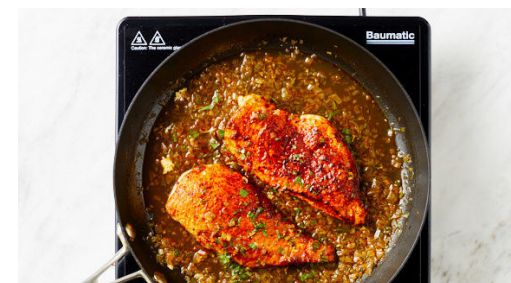
5. Cook chicken

While the lentil mixture is cooking, heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3 mins each side or until golden. Remove from the pan and rest for 3 mins. Reduce the heat to medium and add **2 tsp olive oil** to the pan. Cook the **shallot**, stirring occasionally, for 3-4 mins until softened.



3. Cook vegetables

Heat **2 tsp olive oil** in a large frypan over medium heat. Cook the **garlic** and **carrot** for 3 mins or until softened. Crumble **1 stock cube*** into a heatproof jug, add **375ml (1½ cups) boiling water** and stir to dissolve.



6. Get ready to serve

Add the remaining **stock** and **2 tsp white wine vinegar** to the shallot. Bring to the boil, then add the **tarragon**. Taste, then season with **salt and pepper**. Return the **chicken** to the pan and coat in the **sauce**. Divide the **lentil mixture** and **chicken** among plates and spoon over the **sauce** to serve.