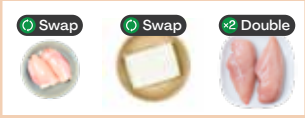




Smart Chicken and Dal

with Frizzled Shallots

Smart Meal 40 Minutes



Chicken Thighs* 280g | 560g
Tofu 1 | 2
Chicken Breasts* 4 | 8

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Chicken Breasts* 2 | 4
- Dal Spice Blend 1 tbsp | 2 tbsp
- Red Lentils 1/2 cup | 1 cup
- Tikka Sauce 1/2 cup | 1/2 cup
- Shallot 1 | 2
- Baby Spinach 56 g | 113 g
- Cilantro 7 g | 7 g
- Chicken Stock Powder 1 tbsp | 1 tbsp
- Ginger-Garlic Puree 2 tbsp | 4 tbsp
- Carrot 1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, oil, unsalted butter, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towels, slotted spoon, vegetable peeler

1



Make frizzled shallots

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Heat a large non-stick pan over medium heat.
- While the pan heats, peel, then halve **shallot** lengthwise. Cut crosswise into 1/8-inch half-moons.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **shallots**.
- Cook, stirring occasionally, until **shallots** are golden-brown and smaller pieces start to crisp, 5-8 min. (**NOTE:** Keep your eye on shallots so they don't burn. If smaller pieces are at risk of burning, reduce heat to medium-low. Shallots will crisp up a little more while cooling.)

4



Start dal

- Return the same pan to medium.
- When hot, add **1/2 tbsp** (1 tbsp) **butter**, then **carrots**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **ginger-garlic puree**, **half the tikka sauce** (all for 4 ppl) and **remaining Dal Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **half the stock powder** (all for 4 ppl) and **lentils** with **soaking water**. Cover, then bring to a boil over high, stirring occasionally.

2



Prep and finish frizzled shallots

- Remove the pan from heat.
- Using a slotted spoon, transfer **shallots** to a paper towel-lined plate, reserving any **oil** in the pan.
- Sprinkle **a pinch of salt** over **shallots**.
- While **shallots** frizzle, add **lentils** and **2 cups** (4 cups) **warm water** to a medium bowl. Set aside to soak.
- Peel, then quarter **carrot** lengthwise. Cut into 1/4-inch quarter-moons.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.

5



Finish dal

- Once boiling, reduce heat to medium.
- Cook, still covered, stirring occasionally, until **lentils** are soft and creamy and **carrots** are tender, 16-20 min. (**TIP:** If dal reduces too quickly, add more water, 1/4 cup at a time.)
- Add **spinach** and **half the cilantro**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.

3



Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breasts**

- Pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the Dal Spice Blend**.
- When **shallots** are done, return the same pan with **reserved shallot oil** to medium.
- Add **1/2 tbsp** (1 tbsp) **butter**, then swirl the pan until melted.
- Add **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 10-12 min.**

6



Finish and serve

🔄 Swap | **Tofu**

- Thinly slice **chicken**.
- Divide **dal** between plates. Top with **chicken**.
- Sprinkle **frizzled shallots** and **remaining cilantro** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

3 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**. Pan-fry **tofu** until golden-brown, 1-2 min per side. Transfer to an unlined baking sheet. Roast in the **top** of the oven until golden and tender, 6-8 min.

3 | Cook chicken

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

6 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.