



Smart Chicken and Dal

with Frizzled Shallots

Smart Meal 40 Minutes

Customized Protein

+ Add

Swap










or

x2 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](https://www.hellofresh.ca)

 Swap	 Swap
	
Chicken Thighs 280 g 560 g	Tofu 1 2



	
Chicken Breasts 2 4	Dal Spice Blend 1 tbsp 2 tbsp
	
Red Lentils ½ cup 1 cup	Tikka Sauce ½ cup ½ 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.*

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Salt, oil, 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.
- 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 for 5-8 min, stirring occasionally, until **shallots** are golden and smaller pieces start to crisp. (**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.)

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**

3



Cook chicken

Swap | **Chicken Thighs**

Swap | **Tofu**

- 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 for 1-2 min per side, until golden.
- Transfer to an unlined baking sheet. Roast in the **top** of the oven for 10-12 min, until cooked through.**

4



Start dal

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

5



Finish dal

- Once boiling, reduce heat to medium.
- Cook for 16-20 min, still covered, stirring occasionally, until **lentils** are soft and creamy and **carrots** are tender. (**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.

6



Finish and serve

- 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-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken

Swap | **Chicken Thighs**

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

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat 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 and cook **tofu** the same way the recipe instructs you to season and cook **chicken**, decreasing roasting time to 6-8 min, until golden.

* 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 165°F, as size may vary.