

HELLO Smart Chicken and Dal with Frizzled Shallets

with Frizzled Shallots

Smart Meal

40 Minutes











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 🎥











Chicken Breasts • 2 | 4

Dal Spice Blend 1 tbsp | 2 tbsp



Red Lentils



1/2 cup | 1/2 cup

1/2 cup | 1 cup



Shallot 1 | 2



Baby Spinach 56 g | 113 g



Cilantro



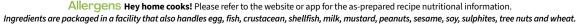
Powder 7 g | 7 g 1 tbsp | 1 tbsp



Ginger-Garlic Puree 2 tbsp | 4 tbsp



Carrot 1 2



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



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.)



Start dal

- Return the same pan to medium.
- When hot, add ½ 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.



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 ¼-inch quarter-moons.
- · Roughly chop spinach.
- Roughly chop cilantro



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, ¼ cup at a time.)
- Add **spinach** and **half the cilantro**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.



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 ½ **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.***



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)

4-serving Ingredie

oil

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

O 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.