

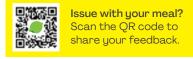
Smart Chicken and Dal

with Frizzled Shallots

Calorie Smart

Carb Smart

40 Minutes







Dal Spice Blend

Tikka Sauce

Baby Spinach





Red Lentils





Shallot









Ginger-Garlic Puree

Carrot



Start here

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

Measurements , 1 tbsp (2 tbsp), within steps

oil Ingredient

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

2 tbsp 2t cup 1c	erson 4 bsp cup
tbsp 2 t	bsp
cup 1	cup
cup 1/2	
/2 ·	cup
50 g 10	0 g
56 g 11	.3 g
7 g 7	g
tbsp 2 t	bsp
tbsp 4 t	bsp
70 g 34	0 g
tbsp 2 t	bsp
	0 g 10 6 g 11 7 g 7 tbsp 2 t tbsp 4 t

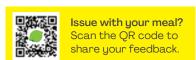
Salt and Pepper

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Make frizzled shallots

- 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.)



- · 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 (use all for 4 ppl) and remaining Dal Spice Blend. Cook, stirring often, until fragrant, 30 sec.
- Add stock powder 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. 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
- 1 3/4 cups (3 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.



Cook chicken

- 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 **chicken** to an unlined baking sheet. Roast in the top of the oven until cooked through, 10-12 min.**



- Once boiling, reduce heat to medium. Cook, still covered, stirring occasionally, until lentils are soft and creamy and carrots are tender, 14-16 min. (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.



Finish and serve

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

Dinner Solved!