

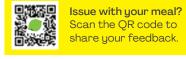
Smart Chicken and Dal

with Frizzled Shallots

Calorie Smart

Carb Smart

40 Minutes





Chicken Breasts





Dal Spice Blend









Baby Spinach







Carrot



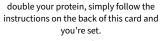
Shallot



Cilantro



Ginger-Garlic Puree



CUSTOM RECIPE This is a Custom Recipe. If you chose to

Happy cooking!

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

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

Ingredients

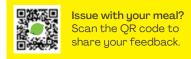
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	2 Person	4 Person
Chicken Breasts •	2	4
Double Chicken Breasts	4	8
Dal Spice Blend	1 tbsp	2 tbsp
Red Lentils	½ cup	1 cup
Tikka Sauce	1/4 cup	½ cup
Shallot	1	2
Baby Spinach	56 g	113 g
Cilantro	7 g	7 g
Chicken Stock Powder	½ tbsp	1 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Carrot	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
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.)



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**.



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 ½ **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.**

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



Start dal

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



Finish dal

- 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!