



Chicken with Lentil Salad

Tender chicken schnitzels served alongside a vibrant lentil salad, featuring nutty Puy lentils, fresh mint, and juicy tomatoes.



30 minutes



4 servings



Chicken

FROM YOUR BOX

PUY LENTILS	200g
MINT	1 packet
TOMATOES	2
CHICKEN SCHNITZELS	600g

FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, vinegar (of choice)

NOTES

You can add some diced cucumber, capsicum or radishes to the lentil salad. Diced creamy avocado, chickpeas for protein and olives or feta cheese for a salty flavour can also be added.

1. COOK THE LENTILS

Place **lentils** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.

2. PREPARE THE SALAD

In a large salad bowl, whisk together **2 tbsp vinegar** and **3 tbsp olive oil** (see tip). Finely slice **mint leaves**. Finely dice **tomatoes**. Add to bowl with dressing along with **lentils** and toss to combine. Season with **salt and pepper**.

TIP *You can add some crushed garlic, maple syrup or honey to the dressing for added depth of flavour. If you have a lemon you can use the zest and juice instead of vinegar.*

3. COOK THE CHICKEN

Coat **chicken** with seasoning of choice (see tip), **oil, salt and pepper**. Heat a frypan over medium-high heat and cook chicken for 3–4 minutes each side or until cooked through.

TIP *You could coat the chicken with ground coriander or smoked paprika for a warm spiced flavour. For a herby flavour, you could use dried oregano or thyme. We used 1 tbsp ground coriander.*

4. FINISH AND SERVE

Slice chicken and serve with lentil salad.

TIP *You can garnish this dish with some toasted pine nuts or sliced almonds. Fresh chopped red chilli or lemon zest and lemon wedges also compliment this dish.*

This recipe has simplified instructions to help lower your meal cost.