



Chermoula Chicken on Caramelised Onion Lentils

with Roasted Pepper, Greek Style Cheese and Rocket

High Protein

Preparation time : 35 min.



- | | |
|-----------------------------|------------------------|
| | |
| British Chicken
Thighs | Chermoula
Spice Mix |
| | |
| Bell Pepper | Onion |
| | |
| Garlic Clove | Lentils |
| | |
| Tomato Puree | Chicken Stock
Paste |
| | |
| Greek Style
Salad Cheese | Wild Rocket |
| | |
| Honey | Sugar for the
Sauce |
| | |
| Water for the
Sauce | |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chermoula-chicken-on-caramelised-onion-lentils-171>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan, Sieve

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Chicken Thighs (unit(s))	4	6	8
Chermoula Spice Mix (sachet(s))	1	1	2
Bell Pepper (unit(s))	1	1½	2
Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	2	3	4
Lentils (carton(s))	1	1½	2
Tomato Puree (grams)	60	90	120
Chicken Stock Paste (grams)	10	15	20
Greek Style Salad Cheese (grams)	50	75	100
Wild Rocket (grams)	20	40	40
Honey (tbsp)	2	3	4
Sugar for the Sauce (tsp)	½	¾	1
Water for the Sauce (milliliter(s))	200	325	400

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3071 kJ
Energy (kcal)	734 kcal
Fat	33.6 g
of which saturates	11.6 g
Carbohydrate	47.4 g
of which sugars	27.1 g
Dietary Fibre	15.5 g
Protein	59.5 g
Salt	3.49 g

Allergens

Milk, Wheat, May contain traces of allergens, Barley, Cereals containing gluten, Rye, Spelt (wheat), Kamut (wheat), Khorasan (wheat), Oats

Always check the product labels for allergen information.



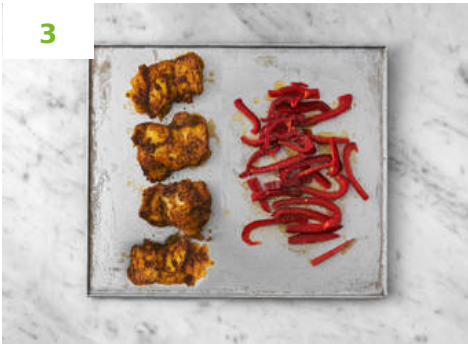
Sear the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.
In a large bowl, add the **chicken thighs**, drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over **half** of the **chermoula spice mix**. Toss to coat evenly. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
Heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, lay the **chicken thighs** flat in the pan. Fry until browned all over, 5 mins each side.



Finish the Prep

While the **chicken** fries, halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **onion**. Pop the **sliced pepper** onto one side of a large baking tray, season with **salt** and **pepper**, drizzle with **oil** and toss together.
Once the **chicken** is browned, add it to the other side of the baking tray.



Bake the Chicken

Bake the **chicken** and **sliced pepper** on the middle shelf of your oven until the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
When there are 2 mins of roasting time remaining, remove the tray from the oven, then drizzle the **honey** (see pantry for amount) over the **chicken**. Return to the oven for the remaining time.



Build the Flavour

While your **chicken** roasts, return the (now empty) frying pan to medium heat with another drizzle of **oil** (if needed).
Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 10-12 mins.
Meanwhile, peel and grate the **garlic**. Drain and rinse the **lentils** in a sieve.
Once the **onion** is softened, add the **tomato puree**, **garlic** and remaining **chermoula spice mix** and fry for 1 min more.



Add the Lentils

Stir through the **sugar** and **water for the sauce** (see pantry for both amounts), **lentils** and **chicken stock paste**, bring up to a boil, then lower to a simmer.
Cook until thickened slightly, 3-4 mins.
Once the **pepper** has finished roasting, stir it through the **lentils**.
Taste and season the **sauce** with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Dinner's Ready

Share your **lentils** between your bowls and top with the **chermoula chicken**.
Crumble over the **Greek style salad cheese** and serve with a handful of **rocket** on top. Drizzle over a little **oil**.

Enjoy your meal!