

Spiced Chicken with Lentils

A filling, hearty and healthy dish.

For 4 people:

2 large chicken breasts, diced
250g uncooked lentils
1 onion, chopped
1tbsp paprika
1 garlic clove, crushed
1tsp mustard powder or 2tsp Dijon mustard
Large handful chopped parsley
2 large handfuls spinach
Approx. 10 cherry toms, halved
200ml chicken stock
200ml coconut milk



Start by putting the lentils on to cook - cover with water, bring to the boil and then leave to simmer for 15mins.

Fry the onions off in a little oil, once softened add the garlic. Fry for one more minute then add the chicken, mustard and paprika.

Stir fry for another minute or 2 before adding the stock and the coconut milk. Pop on a lid and simmer for around 15 mins.

Meanwhile, drain the lentils.

Add the lentils to the chicken pan, 5 mins before the end along with the spinach and tomatoes.

Sprinkle with parsley just before serving.

