

# Seared Chicken & French Lentils

*with Arugula & Feta Salad*

**PREP TIME:** 10 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 2

This recipe is equal parts elegant and hearty, thanks to a salad of French green lentils—a gourmet variety that retains its shape after being cooked. We're highlighting their delicate flavor with an aromatic spice blend and tossing them with a classic mustard vinaigrette. Along with crispy-skinned chicken and another, leafier salad (also dressed with the vinaigrette), these lentils are perfect for an early spring dinner.



## BLUE APRON WINE PAIRING:

Uvaggio Montagna Nera  
Red Wine, 2015

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## Ingredients



2  
BONELESS, SKIN-  
ON CHICKEN  
BREASTS



1/2 cup  
FRENCH GREEN  
LENTILS



3 cloves  
GARLIC



1  
SCALLION



3  
RADISHES



2 oz  
ARUGULA



1  
LEMON

## KNICK KNACKS:



2 Tbsp  
CRUMBLLED FETA  
CHEESE



2 tsp  
DIJON MUSTARD



2 Tbsp  
VERJUS BLANC



1 tsp  
LENTIL SPICE  
BLEND\*

\* Ground Thyme, Ground Bay Leaf, Mustard Powder & Ground White Pepper



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## 1 Cook the lentils:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Using your fingers, inspect the **lentils** for any pebbles; discard the pebbles. Rinse the lentils and drain thoroughly.
- ☐ Once boiling, add the lentils to the pot of water and cook, uncovered, 24 to 26 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Cut off and discard the root end of the scallion; thinly slice, separating the white bottom and green top.
- ☐ Quarter and deseed the lemon.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the ends of the radishes; thinly slice into rounds.

## 3 Make the vinaigrette:

- ☐ While the lentils continue to cook, in a bowl, combine the **mustard**, **half the white bottom of the scallion** and the **juice of all 4 lemon wedges**. Slowly whisk in **1 tablespoon of olive oil** until well combined; season with salt and pepper to taste.

## 4 Cook the aromatics:

- ☐ While the lentils continue to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **garlic**, **spice blend** and **remaining white bottom of the scallion**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **verjus** (be careful, as the verjus may splatter) and cook, stirring constantly, 30 seconds to 1 minute, or until the verjus has cooked off.
- ☐ Transfer to a bowl. Wipe out the pan.

## 5 Cook the chicken:

- ☐ While the lentils continue to cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken, skin sides down, and cook 5 to 6 minutes per side, or until browned and cooked through. Remove from heat.

## 6 Finish & plate your dish:

- ☐ To the pot of **cooked lentils**, add the **cooked aromatics** and **half the vinaigrette**; stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ To make the salad, in a large bowl, combine the **radishes**, **arugula** and **cheese**; season with salt and pepper. Add enough of the **remaining vinaigrette** to coat the salad (you may have extra vinaigrette). Gently toss to combine. Season with salt and pepper to taste.
- ☐ Divide the finished lentils and salad between 2 dishes. Top the lentils with the **cooked chicken**. Garnish the chicken with the **green top of the scallion**. Enjoy!