

Tuscan Chicken & Green Lentil Stew

with Goat Cheese

TIME: 50-60 minutes

SERVINGS: 2

In this comforting cold-weather recipe, we're serving Tuscan-spiced chicken over tender green lentils and vegetables cooked in a light, savory tomato broth. Capers and crushed red pepper add briny flavor and a touch of heat to cut through the rich, earthy stew. (Chefs, rinsing the lentils after cooking removes excess starch, resulting in a more delicate flavor.)



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2
CARROTS



1
RED ONION



2 cloves
GARLIC



1/2 cup
FRENCH GREEN
LENTILS



1 bunch
COLLARD GREENS

KNICK KNACKS:



2 Tbsps
TOMATO PASTE



1/4 tsp
CRUSHED RED
PEPPER FLAKES



1 Tbsp
APPLE CIDER
VINEGAR



2 Tbsps
CRUMBLed GOAT
CHEESE



1 Tbsp
CAPERS



1 Tbsp
TUSCAN SPICE
BLEND*

* Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Ground Sage



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1 Cook the lentils:

- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **lentils** and cook, uncovered, 27 to 29 minutes, or until tender.
- ☐ Drain thoroughly and rinse under warm water 30 seconds to 1 minute, or until the water runs clear.

2 Prepare the ingredients:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Peel and thinly slice the **onion**. Peel and roughly chop the **garlic**. Peel and medium dice the **carrots**.
- ☐ Roughly chop the **capers**.
- ☐ Remove and discard the stems of the **collard greens**; roughly chop the leaves.



3 Cook the chicken:

- ☐ While the lentils continue to cook, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the spice blend**.
- ☐ In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board.

4 Cook the vegetables:

- ☐ Add the **sliced onion, chopped garlic, and diced carrots** to pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring frequently, 4 to 5 minutes, or until softened and fragrant.
- ☐ Add the **tomato paste, chopped capers, remaining spice blend, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant.
- ☐ Add the **chopped collard greens and 2 cups of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 8 to 9 minutes, or until the collard greens have wilted and the liquid has thickened. Turn off the heat.



5 Slice the chicken & serve your dish:

- ☐ Slice the **cooked chicken** crosswise.
- ☐ Add the **cooked lentils and vinegar** to the pan of **cooked vegetables**. Stir to combine. Season with salt and pepper to taste.
- ☐ Serve the finished lentils and vegetables topped with the sliced chicken. Garnish with the **cheese**. Enjoy!

