



Chicken with Kale and Freekeh-Lentil Pilaf

READY IN



45 min.

SERVINGS



4

CALORIES



942 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup lentils cooked
- ☐ 2 tablespoons cumin seeds
- ☐ 1 cup freekeh cooked
- ☐ 1 garlic clove smashed
- ☐ 2 small garlic clove minced
- ☐ 1 pound crossing over quintessential american desserts
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 tablespoons olive oil divided ()

- ☐ 2 tablespoons raisins finely chopped
- ☐ 0.5 cup sherry vinegar
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1/2"-thick cutlets
- ☐ 1 tablespoon butter unsalted
- ☐ 2 teaspoons coarse mustard whole

Equipment

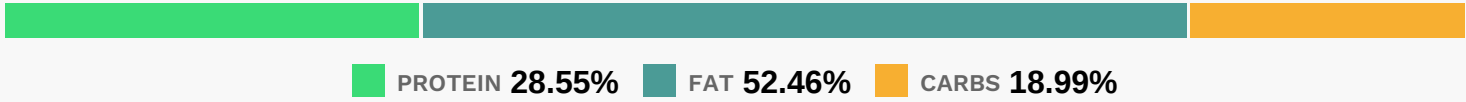
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Stir cumin in a small dryskillet over medium heat until toasted,about 2 minutes.
- ☐ Remove from heat; addvinegar and garlic.
- ☐ Let stand for 30 seconds.
- ☐ Transfer to a blender; add oil and next3 ingredients. Purée. Season with salt.
- ☐ Heat 2 tablespoons oil in alarge heavy nonstick skillet over mediumheat. Season chicken with salt. Working in2 batches and adding 1 tablespoon oil betweenbatches, cook chicken in single layers untillbrowned on both sides and just cookedthrough, 2–3 minutes per side.
- ☐ Transfer toa plate and tent with foil to keep warm.
- ☐ Remove pan from heat; add 1/4 cup water.Stir, scraping up browned bits.
- ☐ Whisk in1/4 cup vinaigrette. Scrape sauce into a bowl.
- ☐ Melt butter with 1 tablespoon oil in same skilletover medium–low heat.
- ☐ Add garlic and cookuntil just beginning to brown, 1–2 minutes.Discard garlic. Working in 3 batches andadding more oil as needed, add kale toskillet and toss until wilted, 1–2 minutesper batch.
- ☐ Transfer to a large bowl. Seasonlightly with salt. Cover to keep warm.
- ☐ Add freekeh and lentils to same skillet.Increase heat; stir until warm, 2–3 minutes.

- ☐ Spoon pilaf onto plates. Top with chicken.
- ☐ Whisk juices from plate with chicken into sauce; drizzle over chicken and pilaf. Top with kale.
- ☐ calories, 29 g fat, 28 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.37, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:32.815217577893%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 942.15kcal (47.11%), Fat: 55.47g (85.34%), Saturated Fat: 19.13g (119.54%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 36.3g (13.2%), Sugar: 2.08g (2.31%), Cholesterol: 201.44mg (67.15%), Sodium: 490.3mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.91g (135.83%), Vitamin B3: 22.84mg (114.19%), Selenium: 76.62µg (109.45%), Vitamin B6: 1.84mg (91.87%), Phosphorus: 612.55mg (61.25%), Zinc: 6.19mg (41.3%), Iron: 7.33mg (40.7%), Fiber: 8.9g (35.59%), Vitamin B12: 2.1µg (35.06%), Potassium: 1202.76mg (34.36%), Vitamin B2: 0.47mg (27.85%), Vitamin B5: 2.77mg (27.71%), Folate: 101.17µg (25.29%), Magnesium: 97.74mg (24.43%), Manganese: 0.45mg (22.64%), Vitamin B1: 0.31mg (20.99%), Vitamin E: 2.59mg (17.26%), Copper: 0.3mg (14.98%), Vitamin K: 11.79µg (11.23%), Calcium: 87.97mg (8.8%), Vitamin C: 5.25mg (6.36%), Vitamin A: 204.23IU (4.08%), Vitamin D: 0.45µg (3%)