



Chicken with mustard lentils

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 sticks strips.
- ☐ 1 onion red thinly sliced
- ☐ 2 garlic clove crushed
- ☐ 250 g lentils
- ☐ 750 ml chicken stock see hot
- ☐ 2 tbsp crème fraîche
- ☐ 1 lemon zest

- ☐ 1 tbsp dijon mustard
- ☐ 1 small bunch parsley chopped

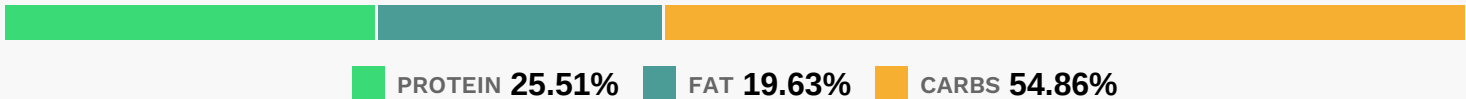
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large flameproof casserole. Season the chicken pieces, then brown in the hot oil for 3 mins each side, until golden on all sides.
- ☐ Remove and set aside.
- ☐ Pour away all but 1 tbsp oil.
- ☐ Add the onion to the pan and cook for 5 mins, then add the garlic and cook for 1 min more.
- ☐ Add the lentils and stock and stir well.
- ☐ Put the chicken on top, put the lid on and leave to simmer over a medium heat for 30 mins.
- ☐ Remove the lid and increase the heat. Bubble for another 20 mins until the lentils are tender, most of the stock has been absorbed, and the chicken is cooked through.
- ☐ Stir in the crme frache, lemon zest and juice, mustard, parsley and seasoning.
- ☐ Serve with green veg, if you like.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:16.920869634851%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 365.38kcal (18.27%), Fat: 7.82g (12.03%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 28.36g (10.31%), Sugar: 5.93g (6.59%), Cholesterol: 9.49mg (3.16%), Sodium: 328.63mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Vitamin K: 240.62µg (229.16%), Fiber: 20.79g (83.16%), Iron: 6.13mg (34.07%), Vitamin C: 26.96mg (32.68%), Vitamin A: 1247.8IU (24.96%), Vitamin B3: 3.28mg (16.39%), Vitamin B2: 0.2mg (11.69%), Potassium: 340.86mg (9.74%), Vitamin B6: 0.19mg (9.45%), Folate: 37.27µg (9.32%), Selenium: 6.1µg (8.72%), Calcium: 83.93mg (8.39%), Phosphorus: 79.08mg (7.91%), Copper: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.92%), Magnesium: 20.53mg (5.13%), Manganese: 0.1mg (4.98%), Zinc: 0.53mg (3.56%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.14mg (1.38%)