



Pan-Roasted Chicken with Tarragon and Lentils



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken whole split
- ☐ 2 cups chicken broth
- ☐ 1 cup green lentils dried french rinsed drained
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic cloves smashed
- ☐ 1 tablespoon olive oil divided

- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings sea salt to taste
- ☐ 4 shallots quartered
- ☐ 4 sweet potatoes washed
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

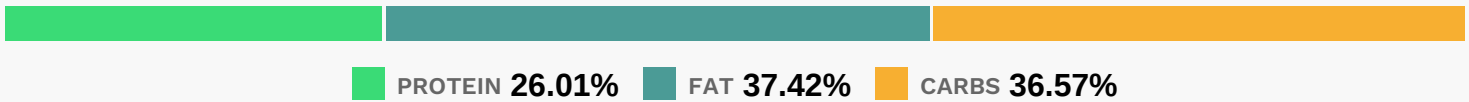
- ☐ frying pan
- ☐ oven
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Wrap sweet potatoes in foil, and bake at 350 for 45 to 50 minutes or until soft when squeezed.
- ☐ Remove from oven, and set aside.
- ☐ Rinse chicken, and pat dry; remove any excess skin or fat.
- ☐ Sprinkle all over with sea salt and pepper.
- ☐ Heat 1 tablespoon oil in a large ovenproof skillet over medium heat, and add chicken, breast side down. Cook until skin is crispy and brown, about 10 minutes. Turn chicken over, add garlic and shallot, and cook, stirring constantly, about 1 minute.
- ☐ Add vinegar, wine, and broth; stir, scraping up all browned bits from bottom of pan. Stir in lentils, and add more sea salt and pepper.
- ☐ Transfer skillet to oven, and bake at 350 for 40 to 45 minutes or until lentils are tender and juices from chicken thighs run clear or meat thermometer registers 170
- ☐ Peel reserved sweet potatoes, and mash with a potato masher.
- ☐ Sprinkle with sea salt and pepper.
- ☐ Cut chicken into 8 serving pieces.

- ☐ Place a spoonful of sweet potato on each plate, and top with lentils, shallots, and a piece of chicken. Spoon cooking liquid over and around chicken and vegetables.
- ☐ Sprinkle with tarragon.
- ☐ Serve warm.
- ☐ *For ease, ask a butcher to do this for you.
- ☐ **You can substitute regular brown lentils, but the French green variety has more depth of flavor.

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:18.58, Inflammation Score:-10, Nutrition Score:32.456956282906%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 630.86kcal (31.54%), Fat: 24.88g (38.28%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 39.77g (14.46%), Sugar: 8.99g (9.99%), Cholesterol: 110.43mg (36.81%), Sodium: 676.16mg (29.4%), Alcohol: 4.12g (100%), Alcohol %: 1.1% (100%), Protein: 38.91g (77.81%), Vitamin A: 21642.64IU (432.85%), Fiber: 14.95g (59.78%), Vitamin B3: 11.91mg (59.53%), Vitamin B6: 1.11mg (55.7%), Manganese: 1.1mg (54.93%), Folate: 187.87µg (46.97%), Phosphorus: 454.58mg (45.46%), Selenium: 25.21µg (36.02%), Potassium: 1228.43mg (35.1%), Vitamin B1: 0.52mg (34.5%), Vitamin B5: 3.29mg (32.92%), Iron: 5.44mg (30.23%), Magnesium: 118.69mg (29.67%), Zinc: 4.11mg (27.42%), Copper: 0.5mg (25.21%), Vitamin B2: 0.41mg (23.89%), Vitamin C: 9.6mg (11.64%), Calcium: 107.97mg (10.8%), Vitamin E: 1.36mg (9.07%), Vitamin K: 8.37µg (7.97%), Vitamin B12: 0.47µg (7.76%), Vitamin D: 0.29µg (1.94%)