

DINNER

Smoked Paprika-Spiced Chicken over Lentils with Yogurt-Cumin Sauce

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.82	523 kcal

Smoked Paprika-Spiced Chicken over Lentils with Yogurt-Cumin Sauce is a main course that serves 4. One serving contains 557 calories, 61g of protein, and 14g of fat. For \$3.82 per serving, this recipe covers 52% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 6 ounce prewashed baby spinach

☐ 1/2 teaspoon freshly ground black pepper, divided

☐ 1 cup dried lentils

☐ 3 tablespoons chopped fresh parsley, divided

☐ 1/2 teaspoon ground cumin

☐ 1/2 teaspoon grated lemon rind

☐ 1/2 inch thick) slice onion

☐ 1/2 teaspoon Spanish smoked paprika

☐ 1 teaspoon salt, divided

☐ 1 cup plain whole-milk yogurt

☐ 1 thyme sprig
- ☐ 1 bay leaf

☐ 1/2 cup finely chopped seeded cucumber

☐ 1 tablespoon chopped fresh mint

☐ 2 garlic cloves, minced

☐ 2 tablespoons fresh lemon juice, divided

☐ 2 tablespoons olive oil, divided

☐ 3/4 cup minced fresh onion

☐ 2 parsley sprigs

☐ 1 ounce very thin slices Serrano ham or prosciutto (about

☐ 24 ounce skinless, boneless chicken breast halves

☐ 3 cups thinly sliced zucchini

Method

- 1 Combine 1 tablespoon oil, rind, 1 tablespoon lemon juice, 1/4 teaspoon salt, paprika, and 1/4 teaspoon pepper in a medium bowl.
- 2 Add chicken; turn to coat. Marinate in refrigerator 2 hours.
- 3 Combine 1/4 teaspoon salt, yogurt, 1 tablespoon chopped parsley, mint, cumin, and garlic in a food processor; process until smooth.
- 4 Place yogurt mixture in a medium bowl; stir in cucumber. Cover and chill.
- 5 Preheat oven to 37
- 6 Place lentils, parsley sprigs, onion slice, thyme sprig, and bay leaf in a large saucepan; cover with water to 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until tender.
- 7 Drain. Discard parsley sprigs, onion slice, thyme sprig, and bay leaf.
- 8 While lentils cook, wrap 1 ham slice around each chicken breast.
- 9 Place chicken in an 11 x 7-inch baking dish.
- 10 Bake at 375 for 25 minutes or until done.
- 11 While chicken cooks, heat 1 tablespoon oil in a large Dutch oven over medium heat.
- 12 Add minced onion; cook 3 minutes, stirring occasionally.
- 13 Add zucchini; cook 15 minutes or until zucchini is very tender, stirring occasionally. Stir in lentils, spinach, 1/2 teaspoon salt, and 1/4 teaspoon pepper; cook 5 minutes or until spinach wilts, stirring occasionally. Stir in 1 tablespoon lemon juice and 2 tablespoons chopped parsley.
- 14 Serve chicken over lentil mixture; drizzle with yogurt sauce.

Nutrition per serving

523

KCAL

57 g

PROTEIN

13 g

FAT

43 g

CARBS

Saturated Fat	2.4 g · 15% of daily needs
Fibre	17.7 g · 71% of daily needs
Sugar	10 g · 11% of daily needs
Sodium	1,014 mg · 44% of daily needs
Cholesterol	114 mg · 38% of daily needs
Vitamin C	45.3 mg · 55% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/smoked-paprika-spiced-chicken-over-lentils-with-yogurt-cumin-sauce-148601