

Spiced Chicken with Puy Lentil & Chargrilled Courgette Salad



Prep: 2hrs 5 mins

Cook: 25mins



Skill level: Easy



Servings: 2

Ingredients

- 2 Chicken breasts cut in to thin slices
- 100g of Puy lentils
- Liquid for cooking the lentils either porcini liquid or stock (according to your lentil cooking instruction)
- 1 large courgette (or 2 small courgettes), very thinly sliced lengthways (I use a vegetable peeler)
- 2 tbsp of olive oil
- 3 tbsp of lemon juice
- 1 tbsp of cumin
- Handful of fresh coriander

- Handful of fresh mint
- Salt to season

Dressing

- 50ml of Natural yoghurt
- 1 garlic clove, pressed
- 2 tbsp of lemon juice
- 20g of chopped fresh mint
- Salt to season

Directions

1. Place the chicken fillets in a bowl with 1tbsp of oil and the cumin and mix together thoroughly.
2. Marinate for 2 hours.
3. Place the lentils in a pot with the liquid and cook until they become tender. This may be up to 20 minutes.
4. Meanwhile, place the courgette slices in a bowl with some garlic, 1 tbsp of olive oil and 2 tbsp of lemon juice and ensure they are sufficiently coated.
5. Heat up the griddle pan and chargrill the slices of courgettes on each side. You will probably have to do this in batches.
If you want the dish served warm, cover the plate of courgettes and place in a low oven to preserve the heat.
6. Clean the griddle and use again for the marinated cumin spiced chicken.
7. Ensure the fillets are cooked evenly on both sides.
8. Prepare the dressing by adding the yoghurt, garlic, lemon juice and salt to a separate bowl.
9. Mix together and ensure all ingredients are blended in. Then add the chopped mint and stir again.
10. When the lentils are cooked, drain them. Add 1tbsp of lemon juice and mix together.
11. Dress the dish by placing the lentils first, followed by the courgette, then the chicken.
12. Pour the mint yoghurt dressing on the dish and garnish with some fresh mint and coriander.