



Grilled Chicken  
*with*  
*Warm Lentil & Fennel Salad*



# Grilled Chicken

## with Warm Lentil & Fennel Salad

Serves 4 | Preparation 30 mins | Cooking 40 mins

### Ingredients for the chicken:

4 x 200g chicken fillets (boneless and skinless)  
1 lemon (zest grated and juice removed)  
1 red onion (finely chopped)  
5g cracked black pepper  
5g chopped parsley  
2g dried chilli flakes (¼ of a teaspoon)  
30ml olive oil  
5g honey

### Ingredients for the lentil salad:

225g green lentils  
600ml water  
1 sprig fresh thyme  
5g fresh parsley  
100g diced onion  
100g diced carrot  
1 bulb fennel (diced)  
40ml balsamic vinegar  
50ml olive oil  
2 cloves of garlic (crushed)  
Seasoning

*"Make a nice green salad with rocket and baby gems - wash well in cold water and spin or dry off then crisp in the fridge. Dress with a little olive oil and place on top of the chicken, or, serve separately."*

### Method:

1. For the chicken, combine the trimmed chicken with all the other ingredients and allow to marinate for 1-2 hours.
2. Wash the lentils in plenty of water. Place them in a saucepan with the cold water, bring to a simmer and cook for 5 minutes (skim off any scum that forms).
3. Add the thyme, all the diced vegetables and half the chopped parsley. Simmer for 15 minutes until lentils and vegetables are tender.
4. Drain the lentils and place in a bowl, allow to cool slightly and then add all remaining salad ingredients. Keep warm.
5. Preheat the grill to its highest setting. Place the marinated chicken on to a grill tray sprinkling the marinade ingredients over the top, and then grill for 8-10 minutes each side until completely cooked.
6. In a large pasta bowl place a good portion of lentil salad topped with the chicken.

# BE PART OF IT

*with Matt Dawson*

Nutritional analysis per portion:

Energy	Energy	Protein	Carbohydrate	of which sugars	Fat	Sat Fat	Salt
657Kcal	2836KJ	78.7g	34.3g	6.1g	25.7g	4.2g	0.3g

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