Lentil and Chicken Recipes

Prep 15 min | Cook 50 min | Rest 5 min | Total 70 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless, skinless chicken breasts
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (190 g) dry brown lentils, rinsed
- 1 onion (150 g), diced
- 2 carrots (200 g), diced
- 1 can (400 g) chopped tomatoes
- 3 cups (720 ml) chicken broth
- 1 tsp cumin
- 2 garlic cloves, minced

COOKING NOTES

Brown or green lentils hold their shape best; red lentils cook faster and break down more. Prepare measured ingredients before you start.

SERVING SUGGESTION

Serve four portions with a green salad or steamed vegetables.

Lentil and Chicken Recipes

Prep 15 min | Cook 50 min | Rest 5 min | Total 70 min | Serves 4

METHOD

1. Cut chicken into 1-inch pieces and season with salt and pepper.

2. Brown chicken in oil for about 5 minutes, then transfer it to a clean plate.

3. Soften onion and carrots in the pot for 5 minutes. Add garlic and cumin; cook 30 seconds.

4. Add lentils, chopped tomatoes and broth. Cover and simmer for 20 minutes.

5. Return chicken to the pot. Simmer 15–20 minutes, until the lentils are tender and every chicken piece reaches 165°F (74°C). Add water if the stew gets too thick.

6. Rest briefly, then serve warm.

STORAGE & REHEATING

Refrigerate in shallow covered containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3–4 days. Freeze cooked chicken and stew airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator and reheat covered until the chicken reaches 165°F (74°C).

Food safety: refrigerate leftovers within 2 hours (1 hour above 90°F / 32°C). Reheat cooked chicken to 165°F (74°C).