



Crispy Chicken Thighs with Vibrant Red Lentil Dahl

Juicy, golden-brown crispy chicken thighs served alongside a rich and flavorful red lentil dahl, bursting with aromatic spices and vibrant colors.

Nutritional Info

Calories: 959 kcal
 Carbohydrates: 71 g
 Protein: 84 g
 Fat: 42 g

Ingredients

- Chicken Thighs
- Baby Spinach
- Fresh Coriander
- Garlic
- Ginger
- Shallot
- Mango Chutney
- Red Lentils
- Tandoori Masala Spice
- Chicken Stock Cube
- Spice Mix
 - Curry Powder
 - Nigella Seeds
 - Ground Cumin

Your Pantry

- Olive Oil
- Salt

Allergens

Wheat (Breadcrumbs)
 Sulphites (Red Wine Vinegar)

Tandoori Masala may contain traces of nuts, peanuts, celery, sesame, gluten, sulphites

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 210°C(fan) and boil the kettle

2) Flavour the chicken thighs

Add the chicken thighs to a bowl with a drizzle of oil, the tandoori masala spices and a good pinch of salt. Use your hands to mix everything really well. Lay onto a baking tray lined with baking paper or tin foil. Place in the preheated oven for around 30 or until the thighs are cooked through and crispy. Meanwhile move on to the next step.

3) Prepare your vegetables

Peel and finely chop the shallot. Grate about ½ tsp ginger per person portion. Peel and crush or grate the garlic. Finely chop the coriander. Make the stock up to 300ml per person portion.

4) Sautee the vegetables

Place a non-stick saucepan on medium heat with a drizzle of oil. Once hot, add the shallot and cook for 3-4 minutes or until softened then add the garlic and ginger and cook for a further 1-2 minutes. Add the curry spice mix and cook for a minute, stirring constantly, before adding in the lentils and stock. Bring to a simmer for 20-25 minutes stirring regularly or until the dahl is cooked through and thick (if it looks a little dry add a splash more water), then stir in the spinach and half the coriander. Remove from heat and allow to sit for 5 minutes before serving.

5) Serve the dish

Serve the dahl in deep dishes and top with the chicken thighs. Garnish with the remaining coriander and mango chutney.



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