

# Great RECIPES



## Chicken with French Style Green Lentils and Verjus

Serves: 4

### Ingredients:

¼ cup Raw Materials French Style Green Lentils  
2Tbspn cracked freekeh wheat  
250ml Moredough Kitchens Chicken Stock

2Tbspn Raw Materials EVO  
4 chicken marylands  
1 large onion, chopped  
1 clove of garlic, crushed  
1 large celery stick, diced  
125ml Raw Materials Verjus  
50g 180 Acres butter  
salt & pepper to taste  
¼ cup pistachios, roughly chopped



### Lentils.

Simmer lentils in MK stock. After 5 minutes add freekeh wheat and cook for a further 15 minutes or until both lentils and freekeh are tender.

Pre heat oven to 200°C.

Heat oil in a heavy based fry pan. A dish that is also oven proof is ideal.

Sear chicken, skin side down first until brown.

Add onion, garlic and celery to the pan and sauté until soft.

Degalze the pan with verjus.

Add the lentils, freekeh and butter.

Cover with a lid or foil and cook for 10 minutes.

Cook for a further 15 -20 minutes until meat juices run clear and the meat is brown.

I like to finish with a few minutes under the grill for a delicious golden colour.

Top with pistachios before serving.

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