Gratinated chicken on a lentil and leek bake.

Instructions

1. Preheat the SelfCookingCenter® under poultry/iLevelControl “Pan fried/thick browning level 3/core temperature 72°C”.
2. Place the finely chopped leek, thyme, garlic, lentils and radishes in a granite-enamelled container, mix well and make ten indentations with a spoon for the chicken breasts. Place the chicken breasts in the indentations and brush each breast with a teaspoon of musturd.
3. Mix the breadcrumbs, parsley, olive oil and sea salt in a small bowl. Distribute evenly on every chicken over the mustard.
4. Carefully pour the stock over the vegetables without covering the chicken breasts. Make sure that you do not put any stock on the breadcrumbs.
5. Put the tray into the preheated SelfCookingCenter® and insert the core temperature probe in one of the chicken breasts, then close the door.
6. Before serving, stir the crème fraîche into the vegetables and season with salt and pepper.

Ingredients

for one GN / making 10 portions

> 5 leeks, halved and finely chopped
> 6 sprigs fresh thyme
> 4 garlic cloves, pressed
> 1250 g soaked green Puy lentils
> 500 g radishes, halved
> 10 chicken breasts
> 80 g English mustard
> 100 g panko crumbs
> 1 bunch fresh flat-leaf parsley, finely chopped
> 50 g olive oil
> 800 g chicken stock
> 200 g crème fraîche
> Sea salt and freshly ground black pepper

Each portion contains

473 kcal

> 52 g protein
> 27 g carbohydrates (of which 4 g sugars)
> 15 g fat (of which 6 g saturated fatty acids)
> 11.5 g fibre
> 2.1 g salt

Cost per portion:
around 2.90 €