

# MARLEY SPOON



## Arugula Salad & Readymade Chicken Cutlet

with Lentils, Fennel & Marinated Feta



30-40min



2 Servings

Fiber-rich lentils lay atop a bed of arugula, sliced fennel and shallots, a crisp ready to heat chicken cutlet and toasted pumpkin seeds for a delicious array of flavors and textures. Creamy feta marinated in oil, lemon zest, and red pepper flakes over top with crispy fried onions. A generous drizzle of a homemade lemony Dijon dressing finishes off this flavor-packed meal worthy of your regular dinner rotation.



## What we send

- garlic
- 3 oz French green lentils
- 1 lemon
- 1 pkt crushed red pepper
- 2 oz feta <sup>2</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,3</sup>
- 1 oz pumpkin seeds
- 1 shallot
- 1 bulb fennel
- ¼ oz Dijon mustard
- 1 bag arugula
- ½ oz fried onions

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- small saucepan
- rimmed baking sheet

## Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1040kcal, Fat 75g, Carbs 57g, Protein 40g



### 1. Cook lentils

Preheat oven to 425°F with a rack in the center.

Thinly slice **1 large clove garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add garlic and cook, stirring until fragrant, 1-2 minutes. Add **lentils, a pinch of salt**, and **1½ cups water**. Bring to a boil, reduce heat to simmer, cover, and cook until lentils are tender, 25-30 minutes.



### 4. Slice veggies

Thinly slice **¼ cup shallot**. Halve **fennel bulb** through the root, then thinly slice half crosswise (save rest for own use).



### 2. Marinate feta

Drain **lentils**; spread on a plate or baking sheet to cool. Zest **all of the lemon** and squeeze **half of the lemon juice**.

Into a small bowl, add **half of the lemon zest, 2 tablespoons oil, ½ teaspoon crushed red pepper** (add more if desired), **a pinch of salt**, and **several grinds of pepper**. Crumble **feta** and add to oil, tossing gently to coat.



### 5. Make dressing

In a small bowl or measuring cup, combine **Dijon mustard, lemon juice**, and **remaining lemon zest**. Whisk in **¼ cup oil**. Season to taste with **salt** and **pepper**.



### 3. Heat chicken

Add **chicken cutlets** to a baking sheet and drizzle with **oil**. Bake on center oven rack until nearly heated through, 7-8 minutes. Push to one side.

Spread **pumpkin seeds** on open side of baking sheet and return to center rack until pumpkin seeds are golden and cutlets are heated through, 3-5 minutes more. Transfer seeds to a small bowl and toss with **a drizzle of oil**; season to taste.



### 6. Assemble salad

Thinly slice **chicken**, if desired. Add **sliced shallots, fennel, lentils**, and **half of the arugula** (save rest for own use) to a large bowl. Toss with **half of the dressing**. Transfer to serving bowls and top with **chicken cutlets, fried onions, toasted pumpkin seeds**, and **marinated feta**. Drizzle with **more dressing**, as desired. Enjoy!