

# Chicken & Lentils with Peppers & Wine

Printed from Lentil Recipes at <http://www.lentilrecipes.co.uk/>

*This Italian-inspired chicken and lentils dish is full of flavour. Lentils and chicken are simmered with chicken stock, red wine, red peppers, veggies, rosemary and balsamic vinegar. Serve with crusty bread, or just as it is.*

## Ingredients:

4 chicken breasts  
1 x 400g tin cooked prepared lentils, drained and rinsed  
3 carrots  
1 onion  
3 garlic cloves  
500ml chicken stock  
125ml red wine  
50g jarred chargrilled red peppers, drained  
2 tbsp. white balsamic vinegar  
1 tbsp. lemon juice  
1/2 tsp. dried rosemary  
2 tsp. chicken seasoning (optional)  
Salt and pepper  
Oil

## Directions:

1. Season chicken with chicken seasoning, salt and pepper. Heat oil in a large frying pan. Fry the chicken until browned on all sides, then remove from the pan and set to one side.
2. Thinly slice the onion, finely dice the carrots, mince the garlic cloves and thinly slice the red peppers.
3. Cook the onion and carrot together over a medium heat until softening. Add the peppers and garlic and cook for another 3-4 minutes, then stir in the chicken stock and red wine. Scrape off any chickeny brown bits off the bottom of the pan.
4. Add lentils, vinegar and rosemary, stir well and then add the chicken back into the pan. Simmer for 20 minutes or so or until the chicken is cooked through. Stir the lemon juice into the sauce.

*Author: Laura Young*