

Creamy Coriander Chicken, Bell Pepper & Celery Sauté with Red Lentils



30 minutes | 2 servings

Find cookware

[aluminum foil](#)
[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[slotted spoon](#)
[small saucepan](#)
[stirring spoon](#)

Grab ingredients

2 sticks	celery
¾ lb	chicken breasts, boneless skinless
12 fl oz	chicken or vegetable broth
½ (14.5 oz) can	diced tomatoes
2 cloves	garlic
2	green bell peppers
2 fl oz	heavy whipping cream
½ small bunch	Italian (flat-leaf) parsley
½ medium	yellow onion
	black pepper
	cayenne pepper
	coriander, ground
	extra virgin olive oil
	red lentils, dried
	salt

Cook & enjoy

- Using a strainer or colander, rinse lentils under cold water; drain and transfer to a small saucepan. Add broth, then bring to a boil over high heat. Reduce heat to a simmer, cover, and cook until tender, about 15 minutes.
½ cup red lentils, dried
8 fl oz (1 cup) chicken or vegetable broth
- Meanwhile, preheat a skillet over medium heat.
- While the skillet heats up, cut chicken into bite-sized pieces. Season with salt and pepper.
¾ lb chicken breasts, boneless skinless
¼ tsp salt
⅛ tsp black pepper
- Once the skillet is hot, add oil and swirl to coat the bottom; add chicken and sauté until cooked through, 3-4 minutes. Using a slotted spoon, transfer chicken to a plate, cover with aluminum foil, and set aside. (Reserve skillet with cooking juices for later use.)
1 tbsp extra virgin olive oil
- While the chicken is cooking, wash and dry the fresh produce.
2 green bell peppers
2 sticks celery
½ small bunch Italian (flat-leaf) parsley
- Using a clean cutting board, trim, seed, and small dice bell peppers. Place in a medium bowl.
- Trim and small dice celery. Add to the bowl with the bell pepper.
- Shave parsley leaves off the stems; discard stems and mince the leaves. Add to the bowl (reserving a small handful for garnish).

- 9 Peel, halve, and small dice onion; peel and mince garlic. Add both to the bowl.
1/2 medium yellow onion
2 cloves garlic
- 10 Return skillet (with cooking juices) to medium heat.
- 11 Once the skillet is hot, add more oil and swirl to coat the bottom. Add veggies and spices to the skillet; cook, stirring often, until veggies begin to soften, 4-5 minutes.
2 tsp extra virgin olive oil
1 tsp coriander, ground
1/4 tsp salt
1/8 tsp black pepper
1 pinch cayenne pepper
- 12 Add tomatoes and broth to the skillet. Reduce heat to low and simmer, stirring occasionally, until sauce thickens, 6-7 minutes.
1/2 (14.5 oz) can diced tomatoes
4 fl oz (1/2 cup) chicken or vegetable broth
- 13 Return chicken to the skillet, stir to combine, and simmer until heated through, 2-3 minutes. Remove from heat and stir in cream.
2 fl oz (1/4 cup) heavy whipping cream
- 14 To serve, divide lentils and chicken sauté between bowls. Garnish with reserved parsley and enjoy!