

Chef Regina Mehallick
R Bistro

Pan-seared all-natural chicken breast with curried lentils and yogurt cucumbers

Serves 2

2 – 6-8 oz. airline chicken breasts (with wing attached), skin-on, trimmed
Kosher salt and fresh ground black pepper
2 tablespoons vegetable oil

In a medium skillet, heat oil and season breasts with salt and pepper. Place in hot oil, skin side down and sear until crisp and golden brown, about 5 minutes. Turn chicken over and sear for an additional 4 minutes. Transfer to a heated 400 F. oven and bake until chicken is cooked through, about 4-6 minutes depending on size of the breasts. Remove & let rest. Slice into three pieces and angle over the lentils.

Curried lentils

4 ounces French green lentils, rinsed & picked over
2 slices bacon – cut into 1/4 inch strips
1 tablespoon fresh ginger – minced
1 teaspoon curry powder
½ jalapeno, seeded, finely diced
Dash of cinnamon
1 small onion – finely diced
1 cup vegetable stock or water
Kosher salt and fresh ground black pepper

In a 3-quart saucepan, cook the bacon over moderate heat, stirring often until crisp about 5 minutes. When crisp, remove from pan and drain on kitchen paper, set aside for garnish. Reserve bacon fat in the saucepan.

Add the onion to the fat and cook over low heat, stirring occasionally, until softened, about 8 minutes. Add the ginger, curry powder, jalapeno and cinnamon and cook until fragrant, about 4 minutes. Stir in the lentils and vegetable stock and bring to a boil. Reduce heat to low, cover and simmer until the lentils are tender and most of the liquid has been absorbed, about 35 minutes. Season with salt and pepper. Cool, cover and refrigerate. Warm to order with additional liquid.

Yogurt cucumbers

½ English cucumber, striped, cut into ½ inch dice
Dash each of ground cumin and ground cinnamon
½ cup Greek yogurt
Orange zest
10 grape tomatoes – halved
Kosher salt and fresh ground black pepper

Sprinkle the cucumbers with a pinch of salt and let stand for about 15 minutes. Drain and pat dry.

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Pan-seared chicken breast

In a small skillet, toast the cumin and cinnamon over moderate heat until fragrant, about 30 seconds, transfer to a small bowl and whisk the yogurt and orange zest. Stir in the cucumbers and season to taste with salt and pepper.

To serve – place a spoonful of warm lentil salad in the center of the plate, then top with a few spoonfuls of cucumber. Cut the chicken breast into three portions and angle against the lentils. Garnish with the halved grape tomatoes and reserved bacon pieces.