

## Pan Roasted Chicken Breast

### *Ingredients*

*1 chicken breast*

*10mls OHCó. Irish Garden Herb Oil*

*20g OHCó. Dukkah Seaweed & Spice Blend*

*50g puy lentils*

*1 clove garlic*

*2 shallots*

*1 carrot*

*1 leek*

*200g potatoes*

*50mls cream*

*20g butter*

### *Directions*

Put Puy lentils in cold water & cook until tender.

Dice shallots, garlic, carrot & leek then sauté in oil until soft.

Add cooked lentils and season with Atlantic sea salt & OHCó. cracked black pepper. Set to one side.

Peel & put potatoes in cold water & bring to the boil, cook until soft & mash with the cream, butter & season with OHCó. black pepper & sea salt.

Sear chicken breast in a hot pan in some oil, then roast in oven at 180 for 15 minutes.

When cooked toss in OHCó. Dukkah Seaweed & Spice blend.

Finish the dish with OHCó. Irish Garden Herb oil.