

Smoked Paprika Chicken with Arugula & Lemon Scented Lentils

Ingredients:

For Chicken

2 large boneless, skinless chicken breasts (you can substitute chicken thighs or turkey)
1 teaspoon seasoned salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon freshly ground black pepper
1 teaspoon smoked paprika
Zest of one lemon

For Lentils

1 cup green/brown lentils (I would not use red here as they are better for soup)
2 cups of chicken or vegetable stock
1 lemon (use the one you zested for chicken), cut in half
2 smashed garlic cloves
2 bay leaves

For Vinaigrette

1 teaspoon dried oregano
1/4 cup red wine vinegar
3/4 cup of good quality, extra virgin olive oil
1 clove of garlic, grated
1/2 lemon, juiced
Freshly ground pepper and Diamond Crystal salt, to taste

For Salad

3 cups of arugula
1/2 cup cherry tomatoes, cut in half
2 baby cucumbers, cut on the bias
Grated Pecorino Romano cheese

Instructions:

Smoked Paprika Chicken

Combine all of the seasonings in a dish. Lay your chicken on a plate and generously cover the chicken. Let sit at room temperature for an hour or in the fridge for up to 8 hours. If you chill it let it come to room temp before you start to cook.

Preheat the oven to 400 degrees. On a medium-high heat, place an oven proof pan, like a cast iron pan, on the heat. Add avocado oil, or another oil with a high smoke point, and once it starts to dance, add the chicken to the pan. Cook for 5 minutes on that side. Flip it over, cook for 1 minute to sear it then place the pan in the oven. Cook for 13-15 minutes or until the chicken registers 165 degrees. Let it rest for at least 5 minutes.

Lemon Scented Lentils

Rinse the lentils to make sure there are no stones. Place a medium sized sauce pan over medium high heat. Add the broth, lemon, garlic, bay leaves and lentils. Cook for 18-20 minutes or until al dente. Drain if there is extra liquid. Season with freshly ground pepper and salt to your liking. Let cool.

Vinaigrette

In a small bowl or mason jar combine dried oregano, vinegar, garlic and lemon juice. Stir it all together and slowly whisk in olive oil. Add freshly ground black pepper and salt to taste.

Salad

To assemble the salad, lay the arugula on a serving platter. You can combine it all in a salad bowl or lay it out like a Cobb salad. Slice or dice the chicken and put in one strip, lentils in another strip, cherry tomatoes in another strip, cucumbers in another strip. Drizzle with vinaigrette and top with cheese.