



ROYAL
VOLUNTARY
SERVICE

OAT COATED CHICKEN

by Rosemary Shrager

For the Oat coated chicken

Ingredients

- 2 small chicken breasts
- 2 eggs, beaten
- Fine oats for coating
- 3 tbsp oil
- 1 clove of garlic, crushed
- 30g butter
- Salt and pepper to taste

Method

1. Cut the breasts horizontally flat into 2, so you end up with 4 thin pieces.
2. Put the whisked eggs into a dish and roll the breasts in, now put into the oats to coat.
3. In a large frying pan, add the oil and heat up to medium heat. Now add the chicken and cook for approx. 3 mins, turning them over so they should be golden brown, continue cooking for a couple of minutes. Add the butter and garlic, and baste well.

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4. Remove and allow to rest for a couple of minutes.

For the Lentils and roasted red onion

Ingredients

- **400g tin green lentils (other types of pre-cooked lentils would do)**
- **1 large red onion, cut into 2cm dice**
- **2 cloves garlic, crushed**
- **3 whole tomatoes not too ripe, cut into quarters, pips removed, then diced**
- **1 tsp dried thyme**
- **2 tbsp olive oil**
- **Sea salt and black pepper**
- **A large handful of parsley, chopped**

Method

- 1. Preheat the oven to 200c /gas mark 6.**
- 2. For the vegetables, place the red onions, crushed garlic and tomatoes into a roasting tray, drizzle with the olive oil and season with a good pinch of sea salt and cracked black pepper and toss well.**
- 3. Place into the preheated oven for around 35 minutes, or until soft, golden brown and cooked through. Taste for seasoning and place to one side until later.**
- 4. For the lentils, heat a little oil in a medium sized saucepan then add the garlic and thyme.**



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Gently sweat over a medium heat for 30 seconds, discard any liquid from the tinned lentils, then add the drained lentils to the pan.

5. Now heat for 5 minutes or until the garlic infuses.

6. Warm the vegetables back through the oven for a couple of minutes and add to the lentils, checking for seasoning. Fold in the chopped parsley.

7. To serve, place a spoonful of the lentils into a warm bowl and top with your seared chicken.

OUR THANKS TO ROSEMARY SHRAGER FOR THIS RECIPE.

Eat Well Week is part of the Royal Voluntary Service Stay Safe, Warm and Well campaign, sponsored by long-term partner Yakult, which offers people wellbeing advice and support over winter.

Happy Plates are tasty, nutritious dishes packed with ingredients identified by a Yakult nutritionist to boost mood. We call these recipes Happy Plates because that's how we hope they'll make you feel!

For more information on mood boosting foods, visit yakult.info/41ufqRo

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