



GRILLED N' GLAZED CHICKEN WITH RED LENTIL STEW

SERVINGS: 4 ACTIVE TIME: 30 mins TOTAL TIME: 35 mins

Feeling a bit ragged at this point in the winter months? The remedy to your woes just may be a bowl full of Grilled n' Glazed Chicken with Red Lentil Stew. The chicken is given a huge boost of flavor from the sweet and spicy Zukti Wing Sauce from Apex Food Co. and pairs perfectly with a rich and hearty red lentil stew. Warm up from the inside out with this tasty recipe tonight!

Ingredients

For the Grilled n' Glazed Chicken

- > 1/4 cup Apex Food Co. Zukti Wing sauce
- > 2 large chicken breasts
- > Canola oil, to brush grill

For the Red Lentil Stew

- > 1 medium onion, diced
- > 2 carrots, peeled and sliced into rounds
- > 2 cups sliced red cabbage
- > 1 cup split red lentils
- > 4 cups chicken stock
- > 2 teaspoons garam masala
- > 2 teaspoons cumin
- > 1/2 teaspoon cayenne

Directions

1. Start by peeling and chopping the carrots and onion, and slice the cabbage into two-inch ribbons.
2. Next, warm up a large, deep-sided skillet over high heat. Once the pan is hot, add canola oil (or any other high temperature oil such as grapeseed or peanut) and all veggies to pan. Season with salt and pepper and toss to coat. After that, don't stir the veggies for a few minutes so that some of them will take on some color to enhance the flavor of the stew. While the veggies are searing, measure the lentils and spices.
3. After five minutes or so, or when the veggies have softened slightly and taken on some color, add the lentils and spices to the pan. Stir to incorporate and allow the mixture to toast in the pan for a minute. Stir continuously to prevent the spices from burning.
4. Next, add the stock to pan. The liquid will produce a lot of steam so be sure to protect yourself and be careful. Bring to the liquid to a boil, and then reduce heat to low and cover. Let the stew simmer for 12 minutes to allow the lentils to soak up most of the liquid and finish cooking the veggies.

continues on next page



Shopping List

- | | | |
|---|---|---|
| <input type="checkbox"/> Apex Food Co. Zukti Wing sauce | <input type="checkbox"/> red cabbage | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> 2 large chicken breasts | <input type="checkbox"/> split red lentils | <input type="checkbox"/> cumin |
| <input type="checkbox"/> 1 medium onion | <input type="checkbox"/> 4 cups chicken stock | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> 2 carrots | | |

5. Meanwhile, heat your grill. While the grill is warming up, brush the chicken breasts with canola oil and season with salt and pepper on both sides. When the grill is hot, brush the grates with oil and then add the chicken. Depending on how large your chicken is, this can take anywhere from 6 to 12 minutes. When your chicken is approximately a minute away from being finished, brush the breasts with the Zukti Wing sauce all over to form a glaze. Remove the chicken from the grill and allow the breasts to rest for 2 to 3 minutes.
6. While the chicken is resting, divide the stew across four shallow bowls. Slice the chicken into bite-sized pieces and divide evenly across the bowls. Serve immediately with extra Zukti Wing Sauce at the table for drizzling. Note: cut the chicken small enough so that your guests can eat the dish with a soup spoon.

Ingredient Note: I used Trader Joe's split red lentils for this recipe. Other varieties may take longer to cook so be sure to follow the instructions on the package of your lentils. The cooking process and order will be the same regardless of cook time.



MARKS PAGES
LIKE A CHAMP

THE OFFICIAL
SAUCY SPORK
COOK
BOOK
BOOK
MARK

ACCEPT NO
SUBSTITUTES

Visit us online
for more recipes,
restaurant reviews,
weekly blog posts,
photo galleries,
and more!

SAUCYSPORK.COM