

ONE POT SHWARMA CHICKEN

WITH RICE AND CHICK PEAS



QUICK

10 mins prep time
60 mins cooking time

HEALTHY

The chicken and chick peas are both high in protein and vitamin B6, which helps the body to use and store energy from protein.

FAMILY

Feeds 5-6

MEALS

Serve with lots of colourful vegetables

INGREDIENTS

- 1 chicken cut up into portions or 8 pieces chicken
- 1 x 400g tin chick peas - drained
- 1 lemon
- 3 onions
- 6 garlic cloves
- Chicken stock powder
- 300g rice

Shwarma spices

- 3 tsp ground cumin
- 3 tsp paprika
- 1 tsp turmeric
- ½ tsp cinnamon
- 1 tsp salt

- Optional pomegranate and coriander/parsley

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Make the shwarma mix by mixing all of the spices in a bowl
- 3) Pour over chicken pieces and mix well
- 4) Rinse rice and place in a large ovenproof dish
- 5) Slice the onions, place over the rice
- 6) Add minced garlic
- 7) And zest of whole lemon
- 8) Pour the DRAINED chick peas over the top
- 9) Add chicken pieces
- 10) Pour over approx. 1 litre of chicken stock - It should ½ cover the chicken depending on the size of your dish
- 11) Cook covered for 45 mins, then under the grill or uncovered for the final 15 mins to crisp up
- 12) Sprinkle with the chopped herbs and pomegranate
- 13) Lovely served with lemon squeezed on top too



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com