

ONE POT SHWARMA CHICKEN

WITH RICE AND CHICK PEAS



QUICK

15 mins prep time
60 mins cooking time

HEALTHY

The chicken and chick peas are both good sources of 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

- 6 portions chicken
- 1 x 400g tin chick peas - drained
- 1 lemon
- 3 onions
- 4 garlic cloves
- 1 chicken stock cube
- 300g rice

Shwarma spices

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

Optional

- 2 tbs pomegranate seeds
- 1 tbs chopped fresh parsley

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Mix all the shwarma spices in a bowl
- 3) Pour over chicken pieces and mix well
- 4) Rinse rice and place in a large lidded 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 $\frac{1}{2}$ cover the chicken depending on the size of your dish
- 11) Cook covered for 45 mins, then uncovered for the final 15 mins to brown and crisp up
- 12) Sprinkle with the chopped herbs and pomegranate
- 13) Serve



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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