

Ras-el-hanout chicken pot (4 portions; 50 min)

For the prep

3 tsp ras-el-hanout
320g diced chicken breasts

Trim and cut the chicken breasts or goujons into small pieces. Add the spices to the meat and mix to make sure the pieces are evenly coated.

Marinate for a few hours if possible, otherwise do this as the first thing before prepping the other ingredients.

For the sauce

6 tbsp olive oil
1 tsp ras-el-hanout
1 flat tsp turmeric
fresh ground black pepper to taste

3 large cloves garlic or 2 frozen blocks
2-3 red onions (~250-300g)

200g cherry tomatoes

1 stock pot or cube
2 tins chickpeas
1 tin plum tomatoes

250g frozen spinach (optional)

1 tsp honey per portion to serve

Peel and roughly chop the garlic and onions. Cover the bottom of a pan in oil and heat.

Fry the spices for a few seconds on a medium heat, then add the onion and garlic and fry on high heat for a minute.

Add the chicken and fry on high heat for a few minutes, mixing well to make sure the chicken is sealed evenly. Wash and halve the cherry tomatoes, then add to the pot and fry for a couple of minutes.

Add the chickpeas with the liquid from the can, the tinned tomatoes and the stock pot. Break up the tomatoes, bring to the boil and simmer for 5 minutes.

If using spinach, add and bring to the boil, mixing well to break up the spinach.

Add a bit of hot water if needed and simmer for another 10-15 minutes.

Serve and stir a teaspoon of honey into each bowl.