

Ras el hanout chicken (2 portions; 35min)

Adapted from: https://www.bbc.co.uk/food/recipes/ras-el-hanout_chicken_68989

For the prep

320g chicken breast goujons
½ tsp salt
2 tsp olive oil
4 tsp ras el hanout

3 large cloves garlic
1 onion

Trim the chicken and mix in the salt, then spoon on the oil and mix again. Add spices and mix again until evenly covered. Leave to one side while preparing the rest. Put the rice on.

Dice the onion finely, peel and roughly chop the garlic.

For the sauce (optional replacement for pomegranate molasses)

4 tsp runny honey, or 2 heaped tsp set honey
2 tsp hot water
1-1½ tsp balsamic vinegar

½ fresh lemon (separate, optional)

In a small bowl, dissolve the honey in the water and add the balsamic vinegar. Mix well, and put on the table to serve. Lemon goes on table as well if you're using it, to squeeze over separately.

For the fry

5 tbsp olive oil (adjust as needed)
4 rounded tsp zaatar
150g cherry or baby plum tomatoes

Heat the oil, add the chicken and fry for a minute on high heat until sealed, then turn.

Tilt the pan and spoon some of the oil into a separate frying pan. Add the zaatar and fry for 30 seconds, mixing into the oil immediately. Add the diced onion and garlic and mix again. Add more oil if it's sticking rather than moving loosely. Cook for 4-5 minutes, stirring occasionally.

Halve the little tomatoes and mix into the onions. Turn the chicken and leave for another 4-5 min.

Serve the rice with the onions and chicken on the side. Rinse the pan with a few tbsp hot water to make a little sauce and pour over the rice.