

Cajun chicken and chickpeas (4 portions; 30 min)

For the prep

2 tsp of the spice mix from the Cajun chicken breast recipe

320g diced chicken breasts

Trim and cut the chicken breasts 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

2 tsp cajun spice mix

6-8 cloves garlic

2-3 red onions (~250-300g)

1 stock pot

1 tin chickpeas

1 tin plum tomatoes

250g cherry tomatoes

150g frozen spinach

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, 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.

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.

Add the cherry tomatoes and frozen spinach, and a bit of hot water if needed. Bring to the boil and mix well to break up the spinach. Simmer for another 5 minutes.