

Ras el hanout chicken (2 portions; 35min)

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

For the chicken

2 tbsp ras el hanout
1 flat tsp salt
2 tsp olive oil

320g chicken breast goujons

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

For the sauce (optional replacement for pomegranate molasses)

2 tsp runny honey, or 1 heaped tsp set honey
1 tsp hot water
 $\frac{1}{2}$ - $\frac{3}{4}$ tsp balsamic vinegar

$\frac{1}{2}$ fresh lemon (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 (about 15 min)

8-10 tbsp olive oil (adjust as needed)

2 rounded tbsp zaatar
3 large cloves garlic
1 onion

150g cherry or baby plum tomatoes

Dice the onion finely, peel and roughly chop the garlic. Heat the oil, add the chicken and fry for a minute on high heat until sealed. Turn the pieces over and shuffle them to one side (still in contact with the pan), or use a 2nd frying pan if easier.

Turn the heat down, tilt the pan so the oil runs out of the chicken into the free space, 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.

Halve the little tomatoes and add to the onions, mix again and leave to cook until the chicken has been in for about 10 minutes. Turn the chicken, mix the onion & tomato, and leave for another 5 min.

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