**Chicken Jareesh**

Prep time: 10 min Cook time: 45 min

**Ingredients:**

* ½ cup jareesh (cracked wheat), rinsed and soaked for 1 hour
* 250g skinless chicken (boneless or with bone)
* 1 small onion, chopped
* 1 tbsp olive oil
* ½ tsp cumin
* ½ tsp cinnamon
* 2 cups water or chicken broth
* Salt to taste

**Instructions:**

1. Heat oil in a deep pot. Sauté onions until golden.
2. Add chicken and spices. Cook for 5–7 minutes.
3. Add water/broth and bring to boil. Add drained jareesh.
4. Simmer on low for 30–40 minutes, stirring occasionally, until porridge consistency forms.
5. Shred chicken pieces if whole and mix in. Adjust salt.

**Serving suggestion:** Serve warm with lemon juice or low-fat yogurt.