**Madrouba**

Prep time: 10 min Cook time: 45 min

**Ingredients:**

* ½ cup brown rice (soaked 1 hour)
* 250g boneless skinless chicken breast or thigh
* 1 onion, chopped
* 1 tomato, chopped
* 2 cloves garlic, minced
* 1 tsp turmeric
* ½ tsp cinnamon
* ½ tsp cumin
* Salt to taste
* 1 tbsp olive oil
* 3½ cups water or low-sodium chicken broth

**Instructions:**

1. In a pot, heat oil. Sauté onion until soft. Add garlic and tomato, cook till mushy.
2. Add chicken and spices. Sauté for 5 minutes.
3. Add drained rice and water. Bring to a boil.
4. Reduce heat, cover, and simmer until rice is very soft and chicken is cooked (~30–35 min).
5. Use a masher or spoon to mash the rice and chicken into a creamy porridge.

**Serving suggestion:** Serve hot with a dash of lemon juice and fresh coriander.