

Moroccan Chicken

Ingredients

Equipment

Saucepan
Chopping board
Vegetable knife
Wooden spoon
Measuring spoons
Measuring jug
Juicer

1 chicken breast per person
1 lemon or lime
½—1 can chickpeas
175g rice, basmati or long grain
1 tsp chilli
1 tsp cumin
1 tsp turmeric
1 tsp ground coriander
1 pepper
1 clove garlic
1 onion
1 chicken stock cube
175ml water

Extras you could add:

Carrots, celery, sweetcorn or peas etc

You will also need:

Ovenproof dish

Method

1. Prepare vegetables and dice chicken.
2. Lightly fry chicken in oil until browned on both sides. Add onion, garlic, pepper, cumin, coriander, turmeric and chilli. Mix well.
3. Stir in rice and add stock.
4. Stir in chickpeas and juice from ½ lemon or lime. Slice remaining lemon and stir in.
5. Stir well and leave to simmer GENTLY for 20 minutes.

Health & Safety

1. Wash hands before cooking.
2. Tie back long hair.
3. Remove jewellery and nail varnish.
4. Be careful when using hot ingredients or equipment.
5. Be aware of other people working around you.