

One-pot Moroccan chicken



INGREDIENTS

Serves 4

- 4 skinless chicken breasts
- 1 tsp ground cumin
- 1 tbsp olive oil
- 1 onion, finely sliced
- 400g can cherry tomatoes
- 2 tbsp harissa paste (e.g. Belazu Rose harissa)
- 1 tbsp clear honey
- 2 medium courgettes, thickly sliced
- 400g can chickpeas, drained and rinsed

METHOD

- Season the chicken breasts all over with the cumin and lots of ground black pepper
- Heat the oil in a large non-stick frying pan. Cook the chicken and onion for 4 mins
- Turn the chicken over and cook for a further 3 mins.
- Stir the onions around the chicken regularly as they cook
- Tip the tomatoes and 250ml water into the pan and stir in the harissa, honey, courgettes and chickpeas
- Bring to a gentle simmer and cook for 15 mins until the chicken is tender and the sauce has thickened slightly