



One Pot Chicken Wonder

by Peter Sidwell

We all like a one pot dish, and this new recipe from Peter Sidwell is no exception: it's easy to make, and full of great flavours. Perfect for a midweek meal for the family.

Prep Time: 10 minutes
Cook Time: 20 minutes
Serves: 4

Ingredients:

- 3 chicken breasts skinless and boneless
- 1tbsp olive oil
- 1 tsp ground cumin
- 1 tsp dried mint
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp cracked black peppercorns
- 250g couscous
- 600ml boiling water
- 1 fennel bulb
- 150g California Prunes
- 1 bunch fresh mint
- 1 red chilli
- 80g green olives
- 1 tsp nigella seeds
- 1 tsp mustard seeds
- 1/2 tsp dried rose petals
- 150g mixed nuts
- 1 pomegranate
- 1 lemon



Here's How:

1. Pre-heat a medium non-stick pan on a low heat
2. Score the chicken to 1cm deep, and drizzle with olive oil
3. Sprinkle over the ground cumin, dried mint, smoked paprika, salt and pepper
4. Add the chicken to the pan and cook on one side for 2-3 minutes or until golden
5. Add the couscous and 600ml boiling water, place the lid on the pan and cook on a medium heat until the chicken is fully cooked (you may need to add extra water if it dries out)
6. Meanwhile, thinly slice the fennel and chop the California Prunes, mint and chilli. Leave to one side



7. Once the couscous and chicken are cooked, sprinkle over the fennel, California Prunes, mint, chilli, olive, nigella seeds, mustard seeds, rose petals, mixed nuts and pomegranate seeds
8. Finish with a squeeze of lemon juice just before serving

Link to Website: <https://www.californiaprunes.net/one-pot-chicken-wonder/>