

Harissa Chicken with cucumber ribbons and Orange

Ingredients – Serves 2

- 2 x Chicken Breast
- 1/2 cucumber
- 1/2 tsp turmeric
- 1 lemon
- 1 orange
- 1 tbsp oil
- 1 tsp ground coriander
- 20g creamed coconut
- 2 tsp harissa paste
- 40g mixed salad leaves
- 60g radishes
- 80g quinoa



Method

1. Boil a kettle. Slice the chicken breasts in half lengthways to create two thin fillets. Place the harissa paste in a bowl with 1 tbsp oil and a pinch of sea salt and black pepper. Add the chicken to this bowl and coat in the harissa.
2. Rinse the quinoa and add to a saucepan with 300ml boiling water and a pinch of sea salt. Simmer for 15 mins, then drain.
3. Cut the ends off the half cucumber. Using a peeler, slice the cucumber into long thin ribbons. Thinly slice the radishes. Slice the orange into segments.
4. Preheat a frying pan (or BBQ) on a medium heat and cook the chicken for 5 mins each side until cooked through.
5. Meanwhile, to make a turmeric sauce; dissolve the creamed coconut in 30ml boiling water and mix in the ground turmeric, a generous pinch of the ground coriander and a squeeze of lemon juice.
6. Place the mixed leaves on two plates and top with the quinoa, cucumber ribbons, orange segments, sliced radishes and harissa chicken fillets. Drizzle over the turmeric sauce.

Recipe for two people, halve the ingredients for one person

