

Middle Eastern Chicken, Cauliflower Cous Cous and Pomegranate

Ingredients – Serves 2

- 2 x Chicken Breasts
- 1/2 lemon
- 1/2 tsp ground cinnamon
- 15g pistachios
- 1 cauliflower
- 1 pomegranate
- 1 red onion
- 1 tbsp oil
- 1 tsp ground cumin
- 1 tsp sumac
- 2 tbsp pomegranate seeds
- 80g kale
- large handful of fresh mint



Method

1. Preheat the oven to 200°C / gas mark 6. In a bowl, mix together the ground cumin, ground cinnamon, 1 tsp olive oil and season. Coat the chicken breasts in this mix.
2. Cut the red onion into small chunks and toss in some coconut oil. Place on a baking tray in the oven for 10 mins, then add the chicken alongside the onions and bake for a further 20 mins until the chicken is cooked through.
3. Roughly chop the kale and place on a separate baking tray with a drizzle of olive oil and a pinch of salt. Bake for 10-15 mins until crisp.
4. For the cauliflower couscous; remove the leaves from the cauliflower and grate the cauliflower (or blitz in a food processor in small batches). Remove the seeds from the pomegranate. Roughly chop the pistachios and finely slice the mint leaves.
5. For the pomegranate dressing; in a bowl mix together the sumac, the and the juice from the 1/2 lemon.
6. Heat a saucepan with a drizzle of olive oil, add the cauliflower couscous and cook for 2 mins. Remove from the heat and stir through the pomegranate dressing, pomegranate seeds and chopped mint. Season to taste.

7. Slice the chicken. Spoon the cauliflower and pomegranate couscous on two warm plates and top with the sliced chicken and pistachios. Serve the crispy kale and onions alongside.

Recipe for two people, halve the ingredients for one person