

Peri Peri Chicken

with spicy jollof-style rice

Ingredients

- 1 tbsp vegetable oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 4 frozen chicken breasts (roughly 120g each), defrosted and diced
- 1 tsp cayenne pepper
- 1 tsp smoked paprika
- 1 tsp ground turmeric
- 1 tsp chilli flakes
- ½ tsp dried thyme
- 1 red pepper, sliced into strips
- 1 reduced-salt chicken stock cube
- 1 litre boiling water
- 400g tin chopped tomatoes
- 300g brown rice
- 200g frozen peas



High in fibre
Low in saturated fats



Prep: 5 Minutes
Cook: 45 Minutes



4 Portions

Instructions

1.



Cook the chicken

Heat the oil in a large non-stick pan over medium-high heat. Add the onion, crushed garlic and chicken and cook for 3 minutes, stirring occasionally.



2.



Add the spices

Add the cayenne pepper, smoked paprika, ground turmeric, chilli flakes and dried thyme. Cook for another 2 minutes. Add the remaining ingredients except the peas, stir together, turn the heat to high and bring to the boil.



3.



Simmer

Cover the pan and simmer for 25 minutes, stirring occasionally to prevent sticking. Add the frozen peas and simmer for another 5 minutes, until the rice is cooked.



4.



Serve

Remove from the heat and serve immediately.

For more information, visit:
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