

Lemon Chicken with Chickpeas

Recipe by Ceri Morgan
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	499 kj	6%
Energy (kcal)	120 kcal	6%
Fat	7.0g	10%
<i>of which saturates</i>	1.5g	8%
Carbohydrate	3.7g	1%
<i>of which sugars</i>	0.8g	1%
Fibre	1.2g	5%
Protein	9.9g	20%
Salt	0.27g	5%

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INGREDIENTS: (Serves 4)

200g canned chickpeas, 2 tbsp extra virgin olive oil, 1 tsp turmeric, 1 onion finely chopped, 4 chicken thighs, 300 ml gluten free chicken stock, juice 1 lemon, 3 cloves garlic crushed, 1 tbsp dried rosemary, 1 tbsp dried oregano or thyme, 1 tbsp Dijon **MUSTARD**, pinch chilli powder (optional), freshly ground pepper to taste.

METHOD:

1. Heat the oil in a large saucepan and cook the onion over a low heat until softened
2. Sprinkle with turmeric and stir well
3. Add the chicken and brown on both sides
4. Add the chicken stock to cover the chicken.
5. Add the chick peas, lemon juice and the rest of the ingredients.
6. Bring to the boil, then simmer over a very low heat for about an hour or until the chickpeas are tender and the chicken is cooked through and tender.

ALLERGENS



MUSTARD

MODIFY

Add in extra vegetables
such as
Butternut squash or carrots

CREDIT

Recipe by: Ceri Morgan
Photo by: Kyleecooks.com