



CHICKEN & CHICKPEA PILAU

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Chicken & Chickpea Pilau spice blend
- 600g chicken (thigh or drumstick works best)
- 1 tablespoon natural yoghurt
- 2 tablespoons extra virgin olive oil
- 2 small onions, finely sliced
- 1 tin chickpeas, drained
- 1 cup basmati rice
- 1 teaspoon salt
- 2 cups water

Method:

Fry the onions in the oil until brown. Add the chicken and stir well. Cover and leave to cook for about 20mins, or until the chicken is mostly cooked. Add the Mama Dor's spice blend and yoghurt and stir well again. Cover and leave to cook for 10mins. Add the rice, chickpeas, salt and water to the chicken mix and let the water come to the boil. Once boiling, turn on a low heat to allow the rice to cook and the flavours to infuse. Serve with yoghurt and a crisp side salad.

Alternative uses:

Substitute the chick peas for kidney, cannellini or butter beans. Or omit altogether if you prefer without the beans.

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