



CHICKEN WITH BABY SPINACH AND CHICKPEAS

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: 30 mins

Serves: 2

INGREDIENTS

- 2 tbsp olive oil
- 2 chicken thighs or breasts
- 1 tsp lemon pepper
- 150g cherry tomatoes, halved
- 2 tbsp balsamic vinegar
- ¼ cup pine nuts

- 2 tbsp chopped coriander
- 2 tsp crushed garlic
- 1 tsp crushed ginger
- 200g baby spinach and/ or kale leaves
- 1 x 400g can chickpeas, rinsed, drained
- 2 tbsp lemon juice
- 1 tsp natvia, honey or sweetener

METHOD

- Preheat oven to 180°C.
- Sprinkle chicken with lemon pepper.
- Heat half the oil in a frying pan to medium high and cook the chicken 5-7 mins on each side until cooked, set aside.
- Line an oven dish with baking paper and lay tomatoes, cut side up on the base.
- Drizzle with balsamic, and bake for 5 minutes.
- Sprinkle with pine nuts and bake a further 5 mins, until they are golden.
- Toss with coriander and set aside.
- Heat remaining oil in frying pan and cook garlic and ginger for a few minutes.
- Add baby spinach/kale and cook stirring until spinach is wilted.
- Add chickpeas, lemon juice and natvia and cook 3 minutes to heat through.
- Place mixture on serving plates, lay chicken on top and tomatoes over that.
- Drizzle with balsamic glaze if desired and serve hot.

