



One-Pot Moroccan Chicken

This North-African chicken dish is packed with veg and beautifully flavoured with harissa. V satisfying and using only a single pan, it's perfect for the colder months and will be a defini for the whole family.

Ingredients

- 4 skinless chicken breasts
- 1 tsp ground cumin
- 1 tbsp olive oil
- 1 onion, finely sliced
- 400g can cherry tomatoes
- 2 tbsp harissa paste
- ½ tbsp honey
- 2 medium courgettes, thickly sliced
- 400g can chickpeas, drained and rinsed
- 2 large bags baby spinach, washed
- 300g brown rice to serve



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