



## Middle Eastern Chicken and Chickpea Stew

Prep: 10 mins  
Cook: 20 mins  
Total: 30 mins  
Servings: 8 children and 1 adult

### Ingredients

- 500g skinless chicken breasts cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 1 large brown onion, chopped
- 1 tin chopped tomatoes
- 1 tin chickpeas, rinsed
- 2 tbs chopped flat-leaf parsley
- 4 cloves garlic, finely chopped
- ½ teaspoon salt plus a pinch
- Juice of 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground pepper

### Method

1. Mash garlic and salt on a cutting board with the back of a knife until a paste forms. Transfer to a medium bowl and whisk in lemon juice, cumin, paprika and pepper.
2. Add chicken and stir to coat.
3. Heat oil in a large pan over medium-high heat. Add onion and cook, stirring occasionally, until golden brown (6 to 8 minutes)
4. Using a slotted spoon, transfer the chicken to the pan (reserve the marinade) and cook, stirring occasionally, until opaque on the outside (about 4 minutes)
5. Add tomatoes, chickpeas, the reserved marinade and a pinch of salt
6. Reduce heat to medium and cook, stirring occasionally, until the chicken is cooked through (5 to 7 minutes)
7. Serve sprinkled with parsley.

Adapted from: <https://www.eatingwell.com/recipe/252878/middle-eastern-chicken-chickpea-stew/>