

What can I make with canned foods?

Lemon-spiced chicken with chickpeas

What you need?



1. 1 tbsp sunflower oil
2. 1 onion, halved and thinly sliced
3. 4 skinless chicken breasts, cut into chunks
4. 1 cinnamon stick, broken in half
5. 1 tsp ground coriander
6. 1 tsp ground cumin
7. zest and juice 1 lemon
8. 400g can chickpea, drained
9. 200ml chicken stock
10. 250g bag spinach

Method:



1. Heat the oil in a large frying pan, then fry the onion gently for 5 mins.
2. Turn up the heat and add the chicken, frying for about 3 mins until golden.
3. Stir in the spices and lemon zest, fry for 1 more min, then tip in the chickpeas and stock.
4. Put the lid on and simmer for 5 mins.
5. Season to taste, then tip in spinach and re-cover.
6. Leave to wilt for 2 mins, then stir through. Squeeze over the lemon juice just before serving.

How long does it take?



- Prep time: 5 mins
- Cook time: 15 mins
- Healthy
- 2 of your 5 a day
- Serves: 4