Recipe

Ras el-Hanout lemon chicken
The ras el-hanout gives an oriental touch

Ingredients

suitable for 1 GN/corresponding to 10 portions

> 800 g sweet potatoes, peeled and sliced into 3 cubes
> 800 g potatoes, sliced into 3 cubes
> 2 tablespoons olive oil
> 400 g red onions, cut into strips
> 3 garlic cloves
> 10 chicken breast fillets (170 g each)
> 2 lemons, in thin slices
> 4 tbsp ras el-hanout spice mix
> 1 tbsp thyme
> 1 bunch coriander, finely chopped
> Salt and black pepper
> Low-fat yogurt to serve

Instructions

1. Set the SelfCookingCenter® under Finishing® iLevelControl “Fry thin – browning level 3 of 5”. Place the sweet potato and carrots in a granite-enamelled container, drizzle the oil on top and season well with salt and pepper. Fry for 10 minutes.

2. Add the red onion and garlic and mix well. Fry another 7 minutes.

3. Place the chicken breast and lemon slices on top. Sprinkle with the ras el-hanout and thyme. Cook the chicken under Finishing® iLevelControl “Fry thick – browning level 3 of 5 – core temperature 72°C”. Finally, sprinkle the coriander on top.

4. Plate to serve, garnish each plate with a slice of fried lemon and a tablespoon of yogurt.

Each portion contains approx.: 370 kcal

> 44 g protein
> 30 g carbohydrates (of which 14 g sugars)
> 5.5 g fat (of which 1 g saturated fatty acids)
> 7 g fibre
> 0.5 g salt

The price per portion is in organic quality approx.: £2.92
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This recipe also works well:

**in French style**

Follow the recipe, but instead of sweet potato and carrots add in steps 800 g zucchini, 800 g aubergine, 200 g red pepper and 200 g yellow pepper in slices. In the third step, instead of lemon and ras el-hanout add 400 g of halved cherry tomatoes with chicken and thyme. Serve without the coriander and yogurt.

**Italian style**

Follow the recipe, but instead of sweet potato and carrots, take 800 g diced aubergines and 2 garlic cloves and fry these in steps. Fry for 30 minutes in total and omit step 2. In the third step, instead of the lemon, ras el-hanout and thyme, add 400 g halved cherry tomatoes, 80 g capers, 80 g black olives and a drained 400 g can of cannellini beans with the chicken. Follow the next cooking steps. Use fresh basil leaves instead of coriander. Serve without the yogurt.

**Greek style**

Follow the recipe, but instead of sweet potato and carrots, slice 1,200 g new potatoes and 2 green peppers. Fry for 20 minutes in total and omit step 2. In the third step, instead of lemon, ras el-hanout and thyme add 1 teaspoon dried oregano, 2 branches of fresh rosemary, 400 g Thai asparagus and 50 g pitted Kalamata olives together with the chicken. Follow the cooking steps, and in the last 10 minutes add 200 g sliced halloumi. Serve without the coriander and yogurt.