



PROJECT FOOD

A helping hand to healthy eating

Chicken, Chickpea and Squash stew

Serves 2

Ingredients

Splash (about 1 tbsp) olive or rapeseed oil
400g boneless chicken thighs/breast, cut into large chunks
Black pepper
1 onion, chopped
2 garlic cloves, chopped
1 tsp ground cinnamon, ground cumin, ground coriander
375g butternut squash, peeled and cut into chunks
1 x 400g tin tomatoes
Handful dried apricots
1 x 400g tin chickpeas

Optional

1 small bunch mint, chopped
Lemon wedges



Method

1. Fry the chicken in the oil for 2–3 minutes until browned. Set aside.
2. Fry the onion and garlic until soft and then stir in the spices.
3. Add the butternut squash and move around to coat in the spices.
4. Return the chicken to the pan and stir.
5. Add the apricots and the tomatoes and top up the dish with water.
6. Gently simmer, covered, on the hob for around 30 minutes (until squash is tender) or cook in the oven at 160C.
7. Remove from the oven and add the chickpeas, then simmer for around 15 minutes, uncovered, so that the sauce reduces and thickens.
8. When ready, sprinkle on the mint, if using, and serve with couscous or rice and lemon wedges.

Spice it up or down...

- You can vary the spices you use in this dish...harissa paste is a Moroccan classic so is lovely in this kind of stew. Ginger is also good.
- Lamb would work just as well as chicken here –try diced shoulder.
- In fact, this tagine works well as a totally vegetarian dish too.
- Now is a great time of year to use squash for this dish, but you could also use carrots, courgettes or aubergines.
- You could take out the spices if you don't like them, or just use ones you already have.



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Homemade Hummus

Ingredients

- 1 large can chick peas (drained and rinsed)
- 1 garlic clove chopped
- Juice of half a lemon
- 5 tbsp olive oil

Optional

- 2 tbsp chopped fresh coriander



Method

1. Put all the ingredients in a bowl and combine using a hand held food blender until the mixture is smooth.
2. Taste and add a little more oil or lemon juice if necessary and some black pepper.

Pitta Chips

Ingredients

- 2 wholemeal pitta breads (stale is fine)
- 1 tbsp olive oil or vegetable oil
- A little pepper and dried herbs to season



Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Open the pitta breads up into two thin halves and cut them into triangles.
3. Place on a baking tray. Brush the oil over the pitta pieces (or use a spray bottle if you have one). Sprinkle with pepper and herbs and bake for 10-12 minutes, flipping them halfway through, or until they are golden-brown and crisp.
4. Allow to cool and store in an airtight container.

Top Tips

You only need 3 tbsp of chickpeas to count as one of your five-a-day and 100g contains 7g of protein, which is the same as lentils.

It is well worth making your own hummus as ready made varieties are often high in salt. It will keep for up to three days in the fridge.

Hummus served with raw vegetable sticks or wholemeal pitta chips makes a great snack..