



Chermoula Chicken and Rice Bowls



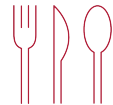
DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4

Ingredients

600g chicken fillets
2 tbsp olive oil
2 tbsp Chermoula
1 cup basmati rice
1 1/2 cups water
1 x 400g can chick peas, rinsed and drained
1/4 small red cabbage, shredded
1 large Lebanese cucumber, halved and sliced diagonally
1 red onion, sliced
1 punnet grape tomatoes, halved
1/2 cup chopped mint
2 tbsp apple cider vinegar
1 tbsp lemon juice
1/4 cup extra light olive oil
Salt and pepper, to taste
A good pinch of sugar
1 cup Greek yoghurt
100g feta cheese, crumbled

Method

Preheat the oven Circo Roast 185°C. (This recipe can be cooked in a Microwave Combi Oven to save cooking time, check notes below).

Drizzle the chicken with oil and coat with the Chermoula. Marinate for 1-2 hours if time permits.

Place the chicken onto an oven shelf, over a universal tray. Insert the probe into the thickest part of the largest chicken fillet. Set the probe for 73°C and select medium Vario Steam. The chicken will take 25-30 minutes approx. Remove the probe, wrap the chicken and keep warm.

Combine the rice and water in the small steaming dish. Steam on 100°C for 16 minutes.

Cut the chicken fillets crossways into slices and place decoratively into the serving bowls with the rice, chickpeas, cabbage, cucumber, red onion and tomato combined with the mint.

In a jar combine the vinegar, juice, oil, salt, pepper and sugar. Shake until combined then drizzle over the salad ingredients. Spoon the yoghurt over the chicken and sprinkle each bowl with feta. Serve immediately.

Notes

Microwave Combi Oven Method:

Prepare chicken as above. We used 3 chicken breast, each weighing 200g.

Position multi point meat probe into 1 chicken breast. Place chicken onto a paper lined universal tray on shelf 2 and plug probe into socket.

Set the oven on microwave combination. Select Circoroast 220°C with 360W and set the probe temperature for 71°C. The chicken will take approximately 10 minutes to cook.

Remove the probe, wrap the chicken with foil and keep warm.

Rice

Use the automatic function for basmati rice if available.

Otherwise place 1 cup rice and 2 cups water into a large microwave safe bowl. Cover loosely.

Cook on 900W microwave for 7 minutes, stir and cook for a further 7 minutes. Stand for 5 minutes.