

## Chermoula Chicken

Serves 2

- 2 skinless chicken breasts
- 1 garlic clove
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 small red chilli
- ½ tsp paprika
- ¼ preserved lemon
- 2 -3 tbsp olive oil – enough to make the ingredients into a paste

1. Turn the oven to 200C/400F/Gas6.
2. Mix the chermoula ingredients together to make a paste, slash the chicken breasts a couple of times on the smooth side and rub the marinade into the chicken.
3. Place the chicken on a baking sheet or ovenproof dish lined with tin foil. Roast for 20min.



## Salad

- 220g/4 - 6 salad potatoes
- 60g/2 handfuls of kale – coarse stems removed
- 1 small avocado
- 15g/1 small spring onion – finely sliced
- 2 oranges
- 1tsp chopped parsley
- 1 tsp good olive or rapeseed oil

1. To make the salad
2. Boil the potatoes – once they are cooked, cut in half.
3. Take the zest off ½ of the orange then peel, segment and squeeze the juice from what is left.
4. Finely slice the spring onion, scoop the avocado into pieces with a teaspoon.
5. Put the kale into a bowl, drizzle over the oil, orange juice, salt & pepper. Using your hands really massage the dressing into the kale. This will start to break down the coarse fibres of the kale leaves and make it easier to eat.
6. Arrange in the spring onion, avocado, orange segments and the warm potatoes.
7. Once the chicken is cooked, slice each portion into 4 or 5 pieces, and arrange on top of the salad. Sprinkle over the parsley.

### *Hints, Tips and Variations*

*Wheat, gluten & dairy free*

*If you can't find preserved lemons, try making your own... See right, or use a couple of pieces of lemon peel, chopped very small*

*Swap the kale for gem lettuce or a mixed bag of salad— but don't massage the dressing in.*