



Spiced Chicken & Freekeh Pilaf with Mango Chutney

Embark on a flavorful journey with this dish. This is a harmonious blend of aromatic spices, tender chicken, and freekeh, all brought together with a sweet and tangy mango chutney. As nutritious as it is delicious, our Spiced Chicken & Freekeh Pilaf offers a well-rounded meal with lean protein, fiber-rich freekeh, and a medley of vegetables. Embrace a dining experience that's not only delicious but also a health-conscious choice for your culinary adventure with this satisfying meal.

Ingredients

- Chicken Diced
- Natural Yogurt
- Coriander
- Mango Chutney
- Freekeh
- Shallot
- Garlic Clove
- Courgette
- Tomato
- Spice Mix
 - Ground Cumin
 - Cinnamon
 - Turmeric

Your Pantry

- Olive Oil
- Butter
- Salt & Pepper

Nutritional Info

Calories: 330 kcal
Carbohydrates: 35 g
Protein: 31 g
Fat: 4.5 g

Allergens

Dairy (Yogurt)

Wheat (Freekeh)

Nuts (Mango Chutney may contain nuts, peanuts)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the Chicken

Peel and finely chop the shallot. Peel and crush the garlic. Chop the courgette into small cubes. Roughly chop the tomatoes. Finely chop the coriander. Soak the freekah in cold water for five minutes then drain. Make the stock up to 500ml per cube and then set aside 135ml of stock per person for the dish.

2) Seal the chicken

Heat a drizzle of oil in the bottom of a saucepan (big enough to hold the pilaf) on medium heat. Once hot, season the chicken pieces with salt and pepper and add them to the pan. Fry for 2-4 minutes or until just cooked through. Remove to a plate and set aside.

3) Saute the vegetables

Place the pan back on a medium heat and add knob of butter, allowing the butter to melt and take on a pale brown colour, then add the shallots and cook for about 4-5 minutes or until soft and golden. Add the garlic and courgette pieces and cook for a further 3-4 minutes or until the courgette is softened.

4) Prepare the Sauce

Cut the orange in half and use a fork or lemon juicer to squeeze out the juice. You will need about half an orange worth of juice per person. Combine the sauce mix with the orange juice in a bowl and set aside.

5) Cook the Freekeh

Add the freekah and the spices and stir, cooking for another 1-2 minutes, before pouring in the stock (135ml per person). Give it a good stir, then bring to the boil. Once boiling, cover with a lid and turn the heat right down to the lowest. Leave to simmer for 15 minutes then quickly stir in the tomatoes and chicken. Turn off the heat completely, return the lid and leave for a final 5 minutes. Remove the lid and finish with the chopped coriander.

6) Plate the Dish

Plate the freekah pilaf and serve with a side of natural yogurt and mango chutney.



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