Foodetc.

Moroccan Honey Chicken with chickpeas and couscous

Serves 4

- 1 mug couscous (300ml)
- Grated rind of a lemon
- 2 mugs boiling water
- 1 tablespoon concentrated chicken stock or a crumbled chicken stock cube
- 1 tablespoon oil
- 1 onion, sliced
- 1 red pepper, cut into small chunks
- 1 clove garlic, finely chopped
- 3 chicken breasts, cut into bite-sized pieces
- 400g tin chickpeas, washed and drained
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 1/2 tablespoons honey
- 1 teaspoon cinnamon
- 1 /4 teaspoon chilli powder (optional)
- 400g tin chopped tomatoes
- Salt and pepper

1. Put the couscous in a bowl with the lemon rind. Add the boiling water and the stock. Stir once. Put a plate over the bowl and leave to absorb all of the water. This should take 4-5 minutes.
2. Heat the oil in a large saucepan or wok. Add the onions, garlic and peppers and fry until they begin to soften.
3. Add the chicken and season with salt and pepper. Cook until the chicken is no longer pink.
4. Add the rest of the ingredients (excluding the couscous) and bring to the boil. Turn down to simmer for 5-6 minutes. Depending on your own taste, you can add the juice of half the lemon to the couscous, along with the rind, if you want to add a little extra kick.