

# LEMON CHICKEN, QUINOA TABOULEH AND MINTED YOGHURT

Serves 4

Lemon chicken

1 Preserved lemon

100 ml (3½ fl oz) olive oil

1 tablespoon smoked paprika

1 teaspoon minced garlic

1 tablespoon chopped thyme

a pinch of chilli flakes

4 boneless chicken breast fillets, skin on

Quinoa tabouleh

200 g (7 oz) quinoa

16 cherry tomatoes, halved

2 small Lebanese (short) cucumbers, cubed

½ pomegranate, seeded

1 bunch of flat-leaf (Italian) parsley, leaves picked

1 small handful of mint leaves, torn if large

House dressing, to taste

Minted yoghurt

200 g (7 oz) plain yoghurt

200 ml (7 fl oz) olive oil

2 tablespoons chopped mint

1 teaspoon minced garlic

TO MAKE THE LEMON CHICKEN, remove the preserved lemon from the brine and rinse it under cold water. Pat dry and then use a knife to remove the rind, discarding the flesh and white pith. Finely dice the lemon rind. Combine the diced lemon rind, olive oil, paprika, garlic, thyme and chilli flakes in a large bowl. Season with sea salt and freshly ground pepper. Add the chicken and toss to coat in the marinade, then cover and refrigerate for 2 hours, or overnight. Preheat the oven to 180°C (350°F). Heat an ovenproof, non-stick frying pan over high heat and cook the chicken, skin side down, for 5 minutes, then turn and cook for a further 3 minutes. Transfer the pan to the oven and cook for 10 minutes. Leave to rest in a warm place for 10 minutes.

TO MAKE THE QUINOA TABOULEH, put the quinoa and 200 ml (7 fl oz) water in a saucepan. Bring to the boil, then reduce the heat and simmer, covered, until all the water has been absorbed. Tip out onto a tray and allow to cool. Once cool, mix through the remaining tabouleh ingredients, adding the dressing to taste. Season with salt and pepper.

TO MAKE THE MINTED YOGHURT, blend all the ingredients together using a food processor or hand-held stick blender. Season to taste with salt and pepper.

To serve, spread a large dollop of minted yoghurt over each plate. Top with some quinoa tabouleh and a chicken breast.

