

# Orange Chicken with Cumin & Paprika



**Serves 4    Prep 5 mins + marinating    Cooking 20 mins    Easy**

## Ingredients

1 heaped tsp cumin seeds  
4 skinless chicken breasts, cut into chunks  
1 tsp smoked sweet paprika  
1 tsp ground turmeric  
1 large clove garlic, crushed  
1 small orange or ½ large, zested & juiced, + wedges to serve  
2 tbsp olive oil  
yoghurt and rice or couscous to serve

1. Toast the cumin seeds in a dry pan until fragrant then grind to a powder using a pestle and mortar.
2. Put the chicken in a shallow bowl with all the other ingredients, plus some freshly ground black pepper. Toss in the marinade, then cover and leave at room temperature for 1 hour (or in the fridge overnight)
3. Heat a large griddle or frying pan over a medium-high heat. Season the chicken generously with salt, mix well and then add to the pan without shaking off any excess marinade. Leave for 2-3 minutes without moving, to char and brown, then turn the chicken pieces over and cook for a further 2-3 minutes, until cooked through – you might need to do this in two batches. Skewer, if you like, and serve with extra orange wedges for squeezing over and serve with rice or couscous.
4. **Note:** You can skewer these chicken chunks once cooked as I usually find skewering them in advance makes cooking them evenly a bit fiddly.