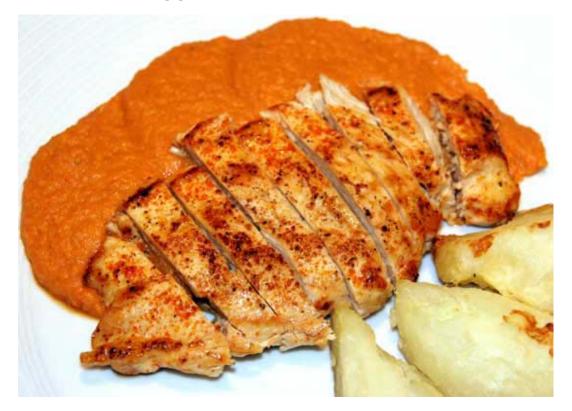
Warm Red Pepper Hummus with Chicken Breasts



Serves 4 Prep 20 mins

Cooking 20 mins

Easy

Ingredients

4 small chicken breasts green salad leaves, dressed in olive oil and lemon juice

Hummus

- 4 tsp olive oil
 1 onion, finely chopped
 1 tsp cumin seeds
 400g tin chickpeas, drained and rinsed
 2 roasted red peppers (homemade or from a jar), drained and chopped
 1 tbsp tahini
 1 lemon, juiced
- For the hummus, heat 1/2 the oil in a small pan and add the onion and a little seasoning. Cook over a medium heat for 5 mins until soft, then add the cumin seeds and cook for a minute. Add the chickpeas, peppers and 150ml of water, and simmer gently for 2 mins. Tip into a blender with the tahini and lemon juice, and whizz until completely smooth. Tip back into the pan, season and keep warm.
- 2. Bash the chicken breasts between two pieces of cling film or baking paper until about 1 cm thick, drizzle with the remaining oil, season well and sprinkle over pepper and paprika. Heat a large griddle pan over a high heat and cook the chicken breasts for 4-5 mins on each side until well coloured and cooked through. Rest on a plate for 5 mins, then slice.
- 3. Divide the hummus between 2 plates, put the chicken slices on top and serve with the dressed salad.