

# 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

1. 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.