



Peri-peri chicken



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



A delicious



chicken dish



with spicy



rice.



It tastes



as good as



a takeaway.



Also,



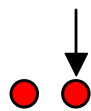
you can



serve



the slaw



with other



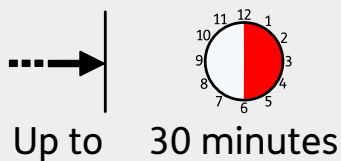
meals.



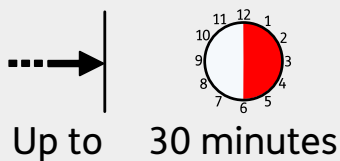
Meal information



Preparation time


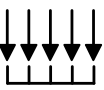



Cooking time




Serves








 Nutrition in each serving:




 Calories
(kcal)

614



 Protein
(g)

41



 Carbohydrate
(g)

50



 Fat
(g)

26



 Fibre
(g)

7



Ingredient List



8 skinless and boneless chicken thigh fillets



75ml medium-hot peri peri sauce



1/2 tsp hot smoked paprika



sea salt and freshly ground black pepper



1 tsp olive oil



1 red onion, finely chopped



1 red pepper, halved, cored, seeds removed and finely chopped



1 green pepper, halved, cored, seeds removed and finely chopped



2 garlic cloves, finely chopped



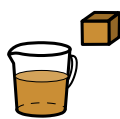
1 tsp paprika



1 tsp ground cumin



large pinch saffron strands



200ml chicken stock



chicken stock cube, crumbled



500g cooked brown rice (freshly cooked or 2 pouches)



250g red and / or white cabbage, finely shredded



1 carrot, grated (100g)



2 tbsp fat-free Greek-style yoghurt



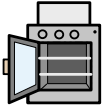
2 tbsp white wine vinegar



3 tbsp light mayonnaise



Equipment List



oven



roasting tray



greaseproof paper



knife



bowl



jug



pan



hob



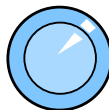
pestle and mortar



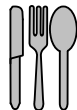
spoon



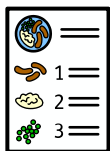
blowtorch



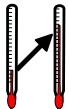
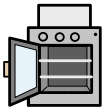
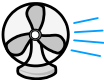

plates









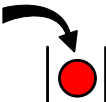

cutlery

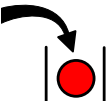



Method



 240°C 220°C   9
 Preheat the oven to 240C / 220C Fan / Gas 9.



 Line a baking tray with greaseproof paper.

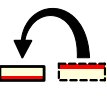

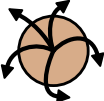








 Slash the chicken thighs using a sharp knife and put in a bowl.


 50ml
 Add 50ml of the peri-peri sauce.





 Add the smoked paprika and a pinch of salt and pepper.

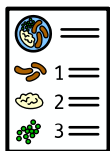





 Turn the chicken to cover with sauce and spices.












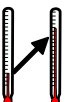

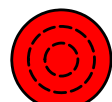

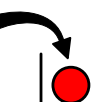

 Place on lined baking tray and cook for 20 to 25 minutes.






Method



 Make the spicy rice while chicken is cooking.







 Heat oil in a large pan and add the onion.



 4 → 5 
 Cook the onion for 4 to 5 minutes.





 2 
 Add peppers and garlic and cook for 2 minutes.






 1 
 Add the paprika and cumin and cook for 1 minute.

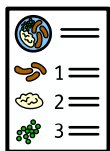








 Grind the saffron and add to the pan.




 Add the stock and stock cube.









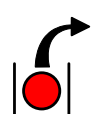
Method




 Stir and simmer for  to   minutes.



 Add the rice and warm through for   minutes.

 To make the coleslaw, mix together these ingredients:

 cabbage,  carrot,  yoghurt,  vinegar,  mayonnaise and  salt and pepper.

 Remove chicken from the oven and add the tray juices to the rice.

 Cook the rice for another   minutes.

 Char the chicken using a  blowtorch and serve.