

Lime & Chilli Chicken Thighs, Salad, Spicy Rice, Flatbreads



Ingredients

- 1kg boneless chicken thighs
- 1 lime, zested and juiced
 - 4 tbsp oil
- 1 bunch fresh coriander, chopped
- 2 green chillies, finely chopped
 - 4 cloves of garlic, grated
 - 1 tbsp honey
 - A good pinch of salt
 - 1 tsp chilli powder
 - 1/2 bag salad

For the spicy rice

- ½ tbsp oil
- 2 tsp garlic granules
- ½ tbsp chilli powder
- 1 onion, finely diced
 - 200g rice
- 350ml vegetable stock
 - 1/8 tsp salt
 - 100g mixed veg

For the flatbreads

- 200g plain flour
- 100g warm water
 - ¼ tsp salt
 - 2 tbsp oil
- ½ tsp mixed herbs

Methods

1. Dry the thighs with a kitchen towel.
2. Mix all the ingredients in a large bowl to make a marinade.
3. Slash the skin on the chicken and add to the marinade. Toss in the marinade to coat well. Cover and chill for a couple of hours.
4. Heat oven to 190c.
5. Put the chicken on a baking tray and bake for 20-25 minutes, brushing with more marinade a couple of times.
6. Serve with rice, ½ the bag of salad and flat breads.

Let's make the spicy rice

1. Heat the oil in a medium saucepan over a medium heat. Add the garlic and chilli powder, stir briefly, then add the onion. Cook for 4 minutes.
2. Add the rice, stock and salt. Stir thoroughly, then add the mixed veg.
3. Cover and bring to a simmer, then reduce the heat to low so the stock is simmering gently.
4. Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
5. Remove from the heat, leave the lid on and rest for 10 minutes. This is very important as the residual liquid on the surface of the rice will be absorbed and the rice will go from sticky to fluffy.

6. Fluff with a fork and serve.

Let's make the flatbreads

1. Put the flour, salt & herbs in a bowl and mix.
2. Gradually mix in the water, bring the mix together with your hand, add the oil & knead to a soft dough. Leave to rest for 30 minutes.
3. Divide the dough into 4, roll out each until they are 1cm thick and fry in a hot pan for 2 minutes each side.