



Spicy Chicken & Chickpeas

What you need

- 1 tbsp. olive oil
- 1 lb. (450g) chicken breast, chopped
- 1 tsp. chili flakes
- 1 cup (170g) chickpeas, drained
- 2 garlic cloves, minced
- 1 tbsp. lemon juice
- 2 green onions (spring onions), sliced
- 2 tbsp. chopped parsley
- salt & pepper

What you need to do

1. Heat the olive oil in a non-stick skillet/frying pan over medium-high heat. Season the chicken with salt, pepper and chili flakes. Cook in the pan for 5-6 minutes until the chicken is cooked through.
2. Add in the chickpeas, garlic and green onions, and continue cooking for another 3-4 minutes.
3. Take the pan off the heat, drizzle with the lemon juice and top with chopped parsley to serve.



Serves: 4
Prep: 5 mins
Cook: 15 mins

