

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Chicken with Figs and Sweet Potato

Ingredients Serves 4

- 2 tbsp cooking oil
- 500g chicken thigh fillets, skinned, boned and diced
- 1 large red onion, finely chopped
- 2 garlic cloves, chopped
- 2 tsp finely grated fresh ginger
- 2 tbsp tomato puree
- 1½ tsp ground cumin
- 1 tsp ground coriander
- 1 cinnamon stick or 1 tsp ground cinnamon
- 350ml chicken stock
- 50g dried figs
- 500g sweet potatoes, peeled and cubed
- 1-2 tbsp crème fraîche
- 500g broccoli and courgettes, sliced

Method

Add 1 tbsp oil to a large lidded pan and set over a medium heat. Cook the chicken in batches for 2-3 minutes until golden, then transfer to a bowl and set aside.

Return the pan to the heat and add the remaining oil. Fry the onion until soft. Add the garlic, ginger, tomato puree, cumin, ground coriander and cinnamon. Cook stirring until fragrant.

Return the chicken to the pan and stir to coat in the spice mixture. Add the stock and sweet potatoes and bring to a boil. Simmer for 15-20 minutes until the potatoes are tender. Remove the lid add the creme fraiche and simmer for a further 5 minutes or until the sauce has thickened. Remove cinnamon stick if used.

Steam the vegetables until crisp and serve alongside with some couscous.

Per person

Kcals 329

Protein 32.9g

Fat 6g

Carbs 38.1g