

Chicken and Chickpea Spicy one pot with courgetti spaghetti

Serves 2

- 2 chicken breasts, diced
- 8 spring onions
- 1 inch piece of ginger grated
- 1 garlic clove, crushed
- 400g tin of chick peas, drained and rinsed
- 400g tin of kidney beans, drained and rinsed
- 400g tin of butter beans, drained and rinsed
- 1 tbsp. cider vinegar
- ½ tsp turmeric
- ½ tsp cumin
- 1 tsp cayenne pepper
- ¼ tsp chilli powder
- 500ml of chicken stock or water
- 2 courgettes, washed, ends chopped off and then spiralized

Fry off the diced chicken in a small amount of coconut oil until it turns white on each side then add all of the spices and the spring onions. Fry off for another minute then add the vinegar.

Add all of the beans and chickpeas to the pan and continue to fry gently for another minute before adding the stock. Let this simmer for approx. 15 mins until the chicken is cooked through.

Serve this on top of the raw, spiralized courgettes. I love the contrast of having hot and cold foods together but if you prefer you can cook the courgette in a pan of hot water just as you would 'normal' spaghetti.