

Speedy Rice Bowl with Lightly Spiced Yoghurt Chicken, Crunchy

Salad with Sumac and Yoghurt Drizzle

The chicken is light and tender from the yoghurt and full of flavour - so quick to pull together and quick to cook. I love this way of cooking chicken, even served with a simple salad for a quick lunch, it's a really good staple recipe. The salad today is one I've been making almost daily - just a few ingredients but it works so well and I love using the parsley in place of a salad leaf, you really appreciate the full flavour of the parsley. And don't skip the sumac, it adds so much to the flavour.

Ingredients

Serves 2

4 boneless, skinless chicken thighs

2tsp sweet paprika

1 tsp garlic powder

1/2tsp chilli flakes

4tbsp natural yoghurt

salt and pepper

juice of 1/2 lemon

For the salad:

1 red onion

handful of cherry tomatoes

large handful of flat leaf parsley

2 tbsp sumac

juice of 1/2 lemon

1 tbsp olive oil

salt and pepper

Drizzle:

1/2 cup yoghurt

1/4 cup pickle juice

1 clove garlic, crushed

salt and pepper

2 portions of rice (uncooked portion is 60g per person) See Notes for tips

Garnish:

Sliced cucumbers, fresh dill and a sprinkling of sumac

Instructions

Cook your rice.

Roughly cut your chicken thighs into chunky strips and whack them in a bowl with the spices, lemon juice and four tablespoons of yoghurt. Season this with salt and pepper and then massage the mixture into the chicken. Leave this to marinate for a few hours if you have time or just move onto the next step.

Heat a healthy glug of oil in a frying pan over medium heat and then pop the chicken in, stirring occasionally and leaving to cook for around 12 minutes.

While the chicken is cooking, you can make your salad. Slice the red onion as thinly as you can and mix with the halved cherry tomatoes. Toss together with chopped parsley and the lemon juice. Season with salt and pepper and drizzle in olive oil. Leave to marinate for 5 minutes.

For the drizzle mix together the yoghurt, pickle juice, garlic and season well. Taste and adjust the seasoning, add more pickle juice or water to loosen it if needed.

To assemble, add the rice to a bowl, top with the chicken and salad. Add cucumbers, fresh dill and drizzle over the yoghurt. Top with a sprinkling of sumac and enjoy!