



**Recipe name:**

Fusion chicken & mix grains

**Recipe description:**

Experience this flavour-packed dish that blends warming spices with Mediterranean flair and the sweet heat of PEPPADEW® Yellow Piquanté Peppers.

Warming spices meet Mediterranean flare with this head-turning, flavour-packed dish. The balance of flavours matches the balance of nutrition, so treat yourself to some sweet heat with these beautiful PEPPADEW® Yellow Piquanté Peppers.

**Created by**

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**Prep Time**

10 minutes

**Cook Time**

20 minutes

**Serves:**

1

**Made with:**

PEPPADEW® Yellow Piquanté Peppers

**Course:**

Lunch / Dinner

**Occasion:**

Healthy / Dinner Party

### **Ingredients:**

- 100g PEPPAEW® Yellow Piquanté Peppers (30g plated, 70g for the purée)
- 50g goats cheese
- 180g chicken breast
- 150g rice, quinoa & bulgur wheat mix (cooked) – can use similar to your preference
- 25g pitted black peppers
- 30g Medjool dates
- Drizzle of chilli oil
- Smoked paprika
- Sumac
- Cumin Seeds

### **Method:**

1. Drain the peppers and blitz the purée quantity with the goats cheese. You can leave this textured or pass through a fine sieve for a smooth finish.
2. Remove the stones and finely slice the dates.
3. Cook the bulgur mix as per the instructions, then lightly toss through the spices (½ tsp each is sufficient) and season. Leave with a lid on to keep warm.
4. Score the chicken breast and cook on a medium heat, turning once, then use a lid to retain moisture whilst it finishes cooking. Cook until the juices run clear or until the core temperature is at 72°C.
5. Plate the grains, topped with the chicken. Add the peppers, olives and dates to add their flicks of flavours, then drizzle with some chilli oil.

### **Notes:**

Can be served with pasta, bread or with a white fish like haddock or cod.