

Free-range chicken with  
preserved lemon  
and pearly spelt

WAYS  WELL

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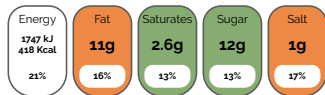
# Free-range chicken with preserved lemon and pearly spelt

High Protein

SERVES 4

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Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)  
Typical values per 100g: Energy 686kJ/164Kcal

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## INGREDIENTS:

300g pearly spelt	1 tsp ground cumin	50g pitted green olives
150g white onions	½ tsp ground ginger	30g preserved lemon, chopped
500g free-range chicken thighs	½ tsp ground cinnamon	25g fresh coriander
10ml olive oil	½ tsp saffron	
2 cloves garlic, crushed	10g vegetable bouillon	
1 red chilli, deseeded and chopped	100g chopped tomatoes	

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## METHOD:

1. Cook spelt as per packet instructions.
2. Peel and slice the onions.
3. Add the olive oil to a saucepan, heat and brown the chicken thighs, once a good colour is achieved add the onions, garlic and chilli and cook until softened.
4. Add the spices and cook for another couple of minutes until fragrant.
5. Add the vegetable bouillon to 100ml of boiling water to make stock.
6. Add the spelt, tomatoes, stock, olives and preserved lemon to the pan and gently cook until the chicken is tender and cooked through.
7. Finish with the coriander and serve with the pearly spelt grains.