THE LIGHTER PLATE METHOD

Chermoula Chicken with Hummus

A punchy North African herb marinade does all the work, roasted over a bed of good hummus.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**4**	**EASY**

Ingredients

- 8 chicken thighs (boneless, skin on)
- 1 large handful fresh coriander
- 1 large handful flat-leaf parsley
- 3 cloves garlic
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1 lemon (zest and juice)
- 3 tbsp olive oil
- 300 g hummus
- 1 handful pomegranate seeds (to serve)

Method

1. Blitz the coriander, parsley, garlic, cumin, paprika, lemon zest and juice and olive oil to a rough paste — this is the chermoula.
2. Toss the chicken thighs in two-thirds of the chermoula and marinate for at least 20 minutes, longer if you have time.
3. Heat the oven to 200°C (fan 180°C). Roast the chicken on a lined tray for 25 minutes, until cooked through and the skin is golden.
4. Spread the hummus over a serving plate, top with the roasted chicken and its juices.
5. Drizzle with the remaining chermoula and scatter with pomegranate seeds.

Tips & swaps

- Marinate the chicken overnight in the fridge if you can — it makes a real difference.
- Chicken breast works too; reduce the roasting time to about 18 minutes.

Storage & reheating

Keeps in the fridge for 2 days; reheat the chicken thoroughly and add fresh hummus.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**34g**	**14g**	**27g**	**5g**

Estimated values, for guidance only. Contains: Sesame.