

Miele

Spiced chicken and eggplant

By Miele

4 hours 30 minutes

Prep time

20 minutes

Cooking time

4-8 Servings

Serves



INGREDIENTS

- 4 chicken breast fillets, cut in half
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 2 teaspoons grated ginger
- 2 teaspoons cumin
- 1½ teaspoons turmeric
- 2 teaspoons sweet paprika
- 1 onion, sliced
- 1 small eggplant, cut into 2cm dice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 8 fresh dates, pitted and quartered
- tablespoons lemon juice
- Salt and pepper to taste
- 1/2 cup yoghurt
- 2 tablespoons chopped parsley

METHOD

1. Combine chicken, olive oil, garlic, ginger, cumin, turmeric and paprika in a bowl. Cover and refrigerate for at least 4 hours.
2. Combine onion, eggplant and extra virgin olive oil in a 2 l (8 cup) microwave/oven safe dish.
3. Place dish on the glass tray on shelf position 1. Cook on Microwave 600W for 8 minutes.
4. Add honey, dates and marinated chicken to the onion mixture. Mix well.
5. Return dish to the oven on the glass tray on shelf position 1. Cook on Microwave 300W + Fan plus 180°C for 20 minutes or until chicken is cooked.
6. Stir through 2 tablespoons of the lemon juice and season to taste. Cover with aluminium foil and rest 5 minutes before serving.
7. Combine yoghurt with the remaining tablespoon of lemon juice and spoon over the chicken. Top with chopped parsley to serve.

Hints and tips

Serve with rice or cous cous.