

Chicken stuffed with spinach & dates

Ingredients

- 1 onion , thinly sliced
- 2 garlic cloves , sliced
- olive oil
- 4 ready-to-eat dates , finely chopped
- 200g spinach , chopped
- 2 tsp ground cumin
- 4 skinless, boneless chicken breasts
- 2 tbsp honey
- green beans , to serve

Method

1. Heat the oven to 200C/fan 180C/gas 6. Cook the onion and garlic in a non-stick frying pan with a splash of olive oil and some seasoning for 5 minutes, then add the dates, spinach and half the cumin. Cook for another minute or two.
2. Cut the chicken breasts lengthways so they open like a book. Divide the stuffing between the breasts and put in a shallow baking dish. Rub the remaining cumin over the chicken and season. Drizzle over the pomegranate syrup or honey then bake for 20 minutes. Serve with green beans.