



Chicken Breast in Bone Broth with Bulgar Wheat

Delicious chicken breast laid on a bed of bulgar wheat and vegetables

Serves: 2

Prepare: 10 Minutes

Cook: 35 Minutes

Difficulty: Easy

Ingredients

- 1tsp cayenne pepper
- 0.5tsp salt
- 2 [organic chicken breasts](#)
- 1tbsp olive oil
- 2 peppers
- 1 onion
- 180g bulgar wheat
- 500ml [Organic chicken bone broth](#)
- 400g tin chickpeas
- 1 lemon
- 15g fresh mint
- 30g fresh flat leaf parsley
- 30g fresh basil

Method

1. Preheat the oven to 190°C
2. Slice the onion and pepper, juice the lemon and finely chop all the herbs
3. Mix the salt and cayenne together and rub over the chicken breasts. Using an oven-friendly pan heat the oil over a high heat, when hot add the chicken breasts to the pan and brown on either side (approximately one minute on each side). Remove them from the pan and put aside
4. Add the pepper and onion to the pan the chicken has just come out of, turn the heat down to medium and cook for approximately 5 minutes
5. Add the bulgar wheat, bone broth, chickpeas and mix well. Put the chicken breasts on top and cook in the oven for 20-25 minutes, until the chicken is cooked through
6. Remove from the oven, add the herbs and lemon juice and mix well