

Lemon tahini chicken & grains

Here we're jazzing up a handy grain packet, meaning you get big flavour, fast.

Serves 2

Total time: 13 minutes

3 of your 7-a-day

160g tenderstem broccoli

2 x 150g free-range skinless chicken breasts

olive oil

1 x 460g jar of roasted red peppers

2 cloves of garlic

½ a bunch of basil (15g)

30g black olives, stone in

1 lemon

2 tablespoons tahini

1 x 250g packet of cooked mixed grains

1 x 400g tin of cannellini beans



1. Put a large shallow non-stick casserole pan on a high heat. Trim the broccoli, halve any thicker stalks lengthways, and dry fry while you score deeply across the chicken breasts at 1cm intervals. Spritz with olive oil, rub with sea salt and black pepper, and cook for 3 minutes on each side, or until the chicken is golden and cooked through and the broccoli is lightly charred.
2. Meanwhile, tip the peppers into a blender, juice and all, then peel and add the garlic. Add the basil, stalks and all, reserving a few nice leaves, and blitz until smooth. Squash, destone and finely chop the olives. Finely grate and reserve the lemon zest. Squeeze the juice into a bowl with the tahini, which will thicken it, then loosen with splashes of water and season to perfection.
3. Move the chicken to a board to rest with the broccoli. Pour the pepper sauce into the pan with the grains. Drain and add the beans, mix together, boil for a couple of minutes, or until reduced, then season to perfection and divide between plates. Scatter over the broccoli, slice and add the chicken, spoon over the lemon tahini sauce, then sprinkle with the olives, lemon zest and reserved basil leaves.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
577kcal	15.4g	3.3g	54g	49.9g	5.4g	1.1g	15.9g

Eat Yourself Healthy by Jamie Oliver is published by Penguin Michael Joseph © Jamie Oliver Enterprises Limited (2025, *Eat Yourself Healthy*). Recipe photography: © David Loftus, 2025.