

Mediterranean Chicken Breasts with Warm Sumac-Radish Salad

Ingredients

- 2 Chicken breasts
- 150g Radishes
- 1 Bunch of mint
- 1 Lemon
- 2 Scallions
- 78g Bulgur
- 3g Sumac
- 90ml Labneh
- 10g Dukkah

Steps:

1. Start with the bulgur

Combine the bulgur, one cup of water, and a big pinch of salt into a medium pot , and bring to a boil. Lower the heat, cover the pot and let simmer for around 6 to 8 minutes, until the bulgur is soft and the water is fully absorbed. Stir the cooked bulgur with a fork and set aside.



2. **Cook the chicken**

Heat a medium pan and drizzle some oil onto it while the bulgur cooks. Dry the chicken by patting it with a paper towel, then season with salt, pepper, and the spice blend. Partially cover the pan, and cook the chicken between 7 to 10 minutes on each side until fully cooked.



3. **Setting up the vegetables**

Pick off the mint leaves off of their stems, cut the radishes in half, and juice the lemon. Discard the roots of the scallions, thinly slice the rest.



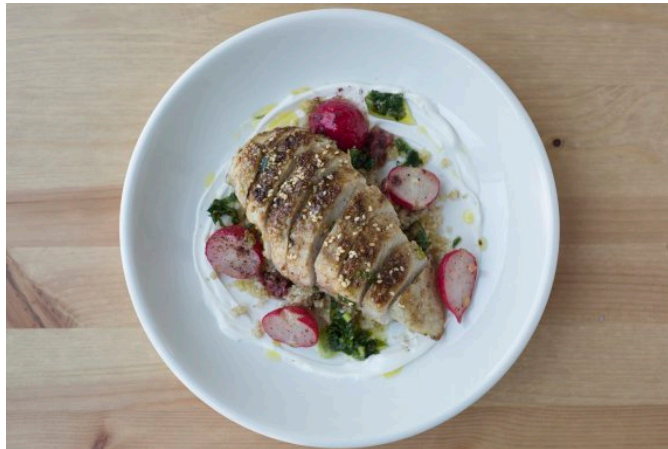
4. **On with the radishes**

Get a second medium pan on medium high heat, and melt two tablespoons of butter. Cook and swirl the butter in for 2 minutes until golden brown, then add the scallions and radishes, and season with salt and pepper. Cook for 3 to 4 minutes, then add half of the lemon juice and all the sumac.



5. **Finish it off**

Spread the labne into a circular motion onto your plate. Add the chicken , radishes, and the bulger, and finally garnish with the scallions. Enjoy!



One-Pot Spiced Sausage & Lentil Soup

Ingredients:

- 2 Toulouse sausages
- 90g Baby spinach
- 1 Bunch of parsley
- 1 Garlic clove
- 1 Onion (or shallot)
- 1 Bell pepper
- 1 Celery stalk
- 30ml Tomato paste
- 12g Chicken demi-glace
- 540ml Lentils (canned)
- 9g Mild berbere spice blend

Steps:

1. Cook the sausages

Drizzle some oil onto a medium high heated medium pot. Place the sausages and cook for 3 to 5 minutes while the pot is partially covered, until the sausages are browned and cooked through. Put the sausages aside.



2. **The setup**

Drain and rinse the lentils while the sausages cook, then mash half of the lentils using a fork. Remove the core of the bell pepper and dice it, mince the garlic, thinly slice the celery horizontally. Chop the parsley leaves and stems, and finally cut the onion in half and dice it well.



3. **Begin with the soup**

In the pot used to cook the sausages, add some oil, and then the onions and garlic. Cook and stir for about 2 to 4 minutes until the onion is less solidified, then add the celery and peppers. Cook and stir for another 2 to 4 minutes, then add salt, pepper, and the spice blend. Finally put the tomato paste and stir until dark red.



4. **Finish the soup**

To the pot of soup, add the demi-glaze, lentils and 3 cups of water. Bring to a boil then reduce to a simmer and cook, stirring occasionally, 8 to 10 minutes, until thickened. Add the spinach and cook, stirring frequently, 1 to 2 minutes, until wilted.



5. **Finish it off!**

Slice the sausages into thick pieces. Put a bowl of soup for yourself , then top it off with parsley , sausage, and a drizzle of olive oil. Enjoy!

