



Chicken with chickpeas

★ Easy  20 minutes  2 portions

Tips: use the vegetables that you have on your fridge, don't be afraid to mix different things, they just turn up delicious

INGREDIENTS

- 240 grs of chicken breast
- 1 tin of chickpeas
- ½ cup of sliced cabbage
- 1 teaspoon of coconut oil
- 1 pack of runner green beans
- 8 cherry tomatoes
- Olive oil, black pepper and salt

PREPARATION

1. Fry the chickpeas with the cabbage in a fry pan with the coconut oil for about 10 minutes
2. Grill the chicken on a grill fry pan with the coconut oil
3. Boil the green beans on the microwave for 10 minutes
4. Cur the tomatoes and place everything on the plate as it shows on the picture
5. Drop a bit of olive oil on the greens

