



## The Hungry Guest

### LEMON CHICKEN, CHILLI AND GARLIC HISPI, BABA GANOUSH

SERVINGS: 2

PREP & COOKING TIME: 1 HOUR

#### INGREDIENTS

2 x Free range chicken breasts, skin on  
50g x Salted butter  
1 x Mereworth hispi cabbage  
1 x Mereworth red chilli, finely sliced  
2 x Cloves garlic, crushed

20g x Toasted sesame  
½ x Bunch coriander, roughly chopped  
1 x Large Mereworth aubergine  
50g x Tahini  
1 x Lemon, zested and juiced  
1 x Cloves garlic, crushed  
Vegetable oil for cooking  
Salt and pepper

#### DIRECTIONS

##### For the Babaganoush:

1. Preheat an oven to 180 degrees C.
2. Prick the aubergine a few times and roast whole directly in a pan, turning as the aubergine begins to soften.
3. Once all sides have been charred, place in the oven for 20 minutes.
4. Remove from the oven and when cool enough to handle, cut in half, and scrape the flesh into a colander. Leave to drain for 30 minutes.
5. In a blender add the aubergine, tahini, garlic, lemon zest and half of the juice (keep the other half for the chicken). Add salt and pepper as required.

##### For the cabbage:

1. Preheat an oven to 180 degrees C.
2. Cut the hispi cabbage into quarters.
3. Season with salt and pepper. Coat with oil and place in a hot pan to caramelize the flat sides of the cabbage.
4. Lower the heat and add the crushed garlic and sliced chilli.
5. Cover the cabbage with foil, move to the oven and cook until the cabbage is tender, approximately 20 minutes.

##### For the chicken:

1. Preheat an oven to 180 degrees C.
2. Season the chicken well with salt and pepper. Lightly coat with oil.
3. Place in a hot pan skin side down, and lower to a medium heat. Caramelize the skin well and then turn. Once the other side is sealed, return to the skin side and place in the oven for approximately 12-15 minutes. If you have a meat thermometer the internal temperature should be 75 degrees C.
4. Remove the pan from the oven and place in the butter and lemon juice and gently simmer until the liquid forms a sauce.

##### To plate:

1. Dress the hispi with the baba ganoush, then finish with toasted sesame seeds, chopped coriander, and some more chopped chilli.
2. Cut the chicken lengthways and dress with the lemon butter sauce.