

1 hour

Serves 4

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Ingredients:

- 1 cup (250ml) barley
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 4cm knob fresh ginger, grated
- Glug avocado oil
- ½ Tbsp (8ml) each turmeric and ground cumin
- 2 Tbsp (30ml) tamarind paste
- 3-4 Tbsp (45-60ml) apricot jam
- 1 can (400g) coconut milk
- 2 cups (500ml) chicken stock + extra if needed
- Salt and milled pepper
- 8 chicken thighs
- 1 head broccoli, cut into florets
- Fresh coriander and sliced chilli, to serve

Method:

1. Preheat oven to 180°C.
2. Cook barley in fast-boiling water for 10 minutes, then drain.
3. Sauté onion, garlic and ginger in avocado oil in an ovenproof pot until soft.
4. Add barley, spices, tamarind paste, apricot jam, coconut milk and stock, mix well and season.
5. Tuck in chicken thighs. The skin should face up so they can brown nicely.
6. Bring mixture to the boil on the stove, then transfer to the oven to bake for 30 minutes.
7. Add broccoli and extra stock, if needed, and bake for 15 minutes more.
8. Scatter with coriander and chilli, and serve.

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