



## Egyptian chicken

- 6 boneless, skinless chicken breasts
- 1 large onion, sliced
- 2 green peppers, sliced into 2 inch pieces
- 3 large garlic, minced or chopped
- 1 tablespoon tomato paste
- 1 tablespoon lemon juice
- 1 1/2 tablespoons ground cumin
- 1/2 teaspoon cayenne
- 1/2 tablespoon ground coriander
- 1/2 teaspoon salt
- 1/8 teaspoon fresh ground nutmeg
- 1/3 cup olive oil

Combine the garlic, tomato paste, lemon juice, spices, salt, and olive oil in a ziploc gallon bag. Push the air out as you close it and use your hands to mash everything around and mix it up. Once that is accomplished open it up and add the chicken and the veggies. Close it again and push the air out as you close it. Mash it around again to completely cover the chicken and the veggies with the mixture. Put the bag into a shallow bowl or pan and refrigerate. Go to work.

When you get home preheat the oven to 325. Oil a baking dish with a little olive oil and dump the contents of the bag into the dish. Put it in the oven for 30 minutes.

Take it out of the oven. Boil 2 cups of water and add it to 1 1/2 cups of couscous. Stir and cover and remove from heat. Let it sit for 5 minutes and then fluff it with a fork and serve it with the chicken.