



CHICKEN TAGINE

Preparation Time

20 minutes

Cooking Time

60 minutes

Serves

6

Ingredients:

1kg chicken thighs, halved, fat trimmed
2 onions, finely diced
6 cloves garlic, crushed
2 tsp salt
¼ cup olive oil
600g tinned tomatoes
300g chickpeas (soaked overnight)
1 tbsp honey

Preparation:

Cut the chicken into bite size pieces. Mix the chicken with the ginger, garlic and yogurt. Cover and marinate as you prepare the other ingredients.

Heat the ghee or oil in a pan. Add the ground coriander, ground black pepper; turmeric, garam masala and cumin and stir-fry for about 1 minute over a low heat. Turn up the heat, add chilli and onion and stir fry for 10 minutes.

Add the chicken and the marinade and continue to stir-fry for another 10 minutes. Add enough water to just cover the chicken and bring to the boil, Stir in the ground cashews or almonds.

Reduce heat to low, cover the pan and simmer until the chicken is tender (30 to 40 minutes). Remove from heat; add lemon juice, cream and salt to taste. Mix well.

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Nutritional tip:

Garlic contains Vitamin C, potassium and dietary fibre.

Fight food waste:

Store garlic in a dark, cool, dry and well ventilated place. They can be kept for up to one year.