



Moroccan Chicken Tagine

INGREDIENTS

Chicken Marinade

- 2 chicken thigh fillets
- 1 tsp Harissa
- 1 tsp Ras El Hanout
- 1 garlic clove, minced
- 1 tbsp olive oil

Stew

- 1 tbsp olive oil
- 1 onion, finely diced
- 1 garlic clove, minced
- 1 cinnamon stick
- 1 tbsp Harissa
- 1 tbsp Ras El Hanout
- 300ml vegetable stock
- ½ cup diced canned tomatoes
- 15g raisins
- ½ sweet potato, diced
- 3 sprigs chopped coriander, plus for garnish
- 30g baby spinach
- ½ cup chickpeas
- 1 zucchini, diced
- 1 carrot, diced



Serves: 2



Prep Time: 20 min



Cooking Time: 25 min

METHOD

1. **Marinate Chicken:** Cut chicken into a chunky dice, massage with marinate ingredients and set aside.
2. **For stew:** Prepare the vegetables by washing and cutting them (ensure they are even in size).
3. Heat oil in a heavy large ovenproof pot over medium-high heat. Seal the chicken pieces until golden brown (they should not be cooked through yet).
4. Remove from the pot and set aside, Add the onions to the pot and sweat.
5. Add the sweet potato and carrot. Cook out until edges soften.
6. Add the garlic, cinnamon stick and spice mix, stir until garlic is fragrant.
7. Add tomatoes and cook until softened.
8. Add stock, chickpeas and raisins. Bring to the boil.
9. Add back the chicken to the stew and adjust seasoning. Turn down to a simmer and cover with a lid.
10. Cook for 15 - 20 minutes or until Chicken and vegetables are cooked through. Check throughout the cooking process and stir to ensure it doesn't stick and burn.
11. Once cooked, Sprinkle the spinach over the stew along with chopped coriander. Gently stir in the spinach and coriander. Remove the cinnamon stick and check seasoning.



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