

Chicken Tagine

Ingredients

- 1 onion
- 1 garlic clove
- 5 ready-to-eat dried apricots
- 1 lemon
- 1 tablespoon oil
- 4 small chicken thighs or drumsticks
- pinch saffron threads, or Tumeric (optional) (all spices available from school)
- 1 teaspoon each, ground ginger, cumin and cinnamon
- 1 tablespoon honey
- Small handful chopped fresh coriander
- 150ml water
- 1 chicken stock cube

To serve: (You can do this at home if you prefer)

- 150g couscous
- 150ml boiling water
- Fresh mixed herbs, chopped
- 1 tablespoon oil + 1 tablespoon lemon juice



Method

1. Peel and chop the onion.
2. Peel and crush the garlic.
3. Cut the dried apricots into quarters.
4. Squeeze the juice from **half** the lemon. (save half for the couscous)
5. In a large saucepan heat 1 tablespoon of oil.
6. Season the chicken and brown on both sides. Remove from the pan and set aside on a plate.
7. Add a little more oil, onions and garlic. Sauté for 10 minutes until softened and golden.
8. Add the spices, sauté for 1 minute, then add the chicken, apricots, lemon juice, honey and half the coriander.
9. Pour in the water, add stock cube, and cook on a low heat for 30 minutes or until the chicken is tender and cooked through.
10. To make the couscous, put couscous into a bowl or small pan. Pour over 150ml boiling water or stock. Cover and leave to stand 5 minutes. Separate grains with a fork, then stir in the herbs, 1 tablespoon olive oil and 1 tablespoon lemon juice.
11. Cut into a thick chunk of chicken to check that it is cooked through.
12. Sprinkle with the remaining coriander and serve with warm herby couscous.

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