

MOROCCAN CHICKEN TAGINE WITH HONEY & CARROTS

AFRICA & MIDDLE EAST
/ MOROCCO

ORIGINS

The tagine dates back to Harun al Rashid, a late eighth-century ruler of the Islamic empire. Foods cooked tagine-style appeared in *The Thousand and One Nights* in the ninth century. Although originally a Berber dish, the tagine has evolved with the history as waves of Arab and Ottoman invaders, Moorish refugees from Andalusia and French colonialists have left their influences on the cuisine.



4



10 min



20 min



WHAT YOU NEED

- 1/2 pkt (15 g) Moroccan spice
- 500 g chicken thigh, diced
- 1 onion, chopped
- 2 carrots, chopped
- 1 zucchini, sliced
- 8 green olives
- 1-2 cups chicken stock
- 1 1/2 tbsp honey
- 2 tsp preserved lemon*

HOW TO MAKE

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Sauté onion, 5 min. Add spice, sauté 1 min. Add chicken, sauté 5 min.

②

Add stock, honey, olives, zucchini and carrots. Cover and cook on low for 20 min.

HOW TO SERVE

Serve with a couscous salad* and garnish with preserved lemon*.

HINTS & TIPS

SIDES & CONDIMENTS

Couscous salad:
20 g almond flakes
2 tbsp each of fresh coriander and mint leaves
1 cup cooked couscous
Cook couscous and mix all ingredients together.

SWAPS & ALTERNATIVES

veggie combos: replace carrots and zucchini with sweet potato and peas.
reduce meat: 250 g chicken thigh + 200 g cooked lentils.
alternative: 2 tsp preserved lemon = juice 1 lemon plus zest.

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