

PICTURE BOOK RECIPES

Easy Chicken Tagine

By Michael Robinson



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Ingredients

- 450g/1lb Chicken pieces (preferably skin on & bone in – I used thighs)
- 2 Tbsp Olive Oil
- 1 Pinch Saffron
- 1 Tbsp Ground Ginger
- 1 Tbsp Ground Cinnamon
- ½ Tbsp Cayenne Pepper
- 1 Medium Onion
- 1 Clove of Garlic
- 1 Large Carrot
- 1 Medium Potato
- ½ Unwaxed Lemon
- 1 Handful Fresh Parsley
- Salt and Ground Black Pepper



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Add 2 Tbsp olive oil to a pan



Heat up the olive oil



Place your chicken in the pan



Seal and colour the chicken



Remove chicken from the pan



Small pinch of saffron & salt into a mug



Fill mug with boiling water



Slice the 1 medium or 2 small onions and set aside



1 Tsp of ground ginger



2 Tsp ground cinnamon



$\frac{1}{2}$ Tsp cayenne pepper



Add spices to pan and fry until fragrant



Deglaze with some saffron stock



Pour pan liquid into your tagine



Add a good twist of black pepper



Layer onions into tagine



Crush in 1 garlic clove



Place chicken on the onions



Peel and chop carrot batons



Peel and slice potato wedges



Carrots & potatoes into tagine



Add the saffron stock then a pinch of salt



Add ½ lemon juice to the tagine



Add the squeezed lemon pieces



Coarsely chop handful of parsley



Add half the parsley to the tagine



Once simmering add tagine lid



40 mins test chicken is cooked



Serve with couscous or bread!



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Cook more and eat well!

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