



READY TO COOK
BY HARRIS FARM

SAFFRON, LEMON AND HONEY BRAISED CHICKEN WITH FENNEL, CHICKPEAS & PILAF RICE



PREP
15 min



COOK
1 hrs



SERVES
4

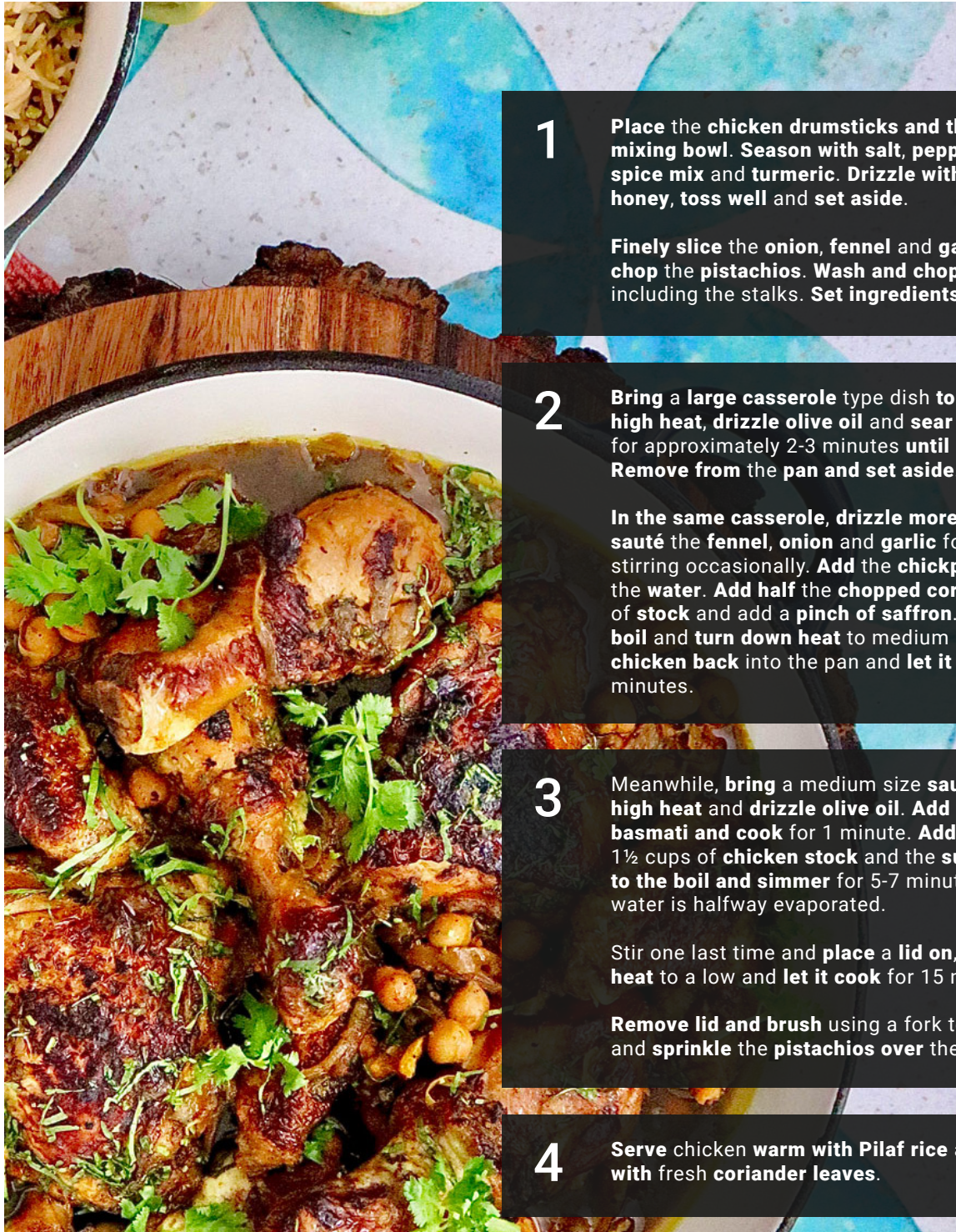
INGREDIENTS:

- > 4 Chicken Thighs Bone In
- > 4 Chicken Drumsticks
- > 1 Tbsp Moroccan Spice Mix
- > ½ Coriander Bunch
- > 1 Fennel
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 1 Pinch Saffron
- > 1L Chicken Stock
- > 400g Chickpeas
- > 2 Cups Parboiled Basmati Rice
- > ¼ Cup Pistachios

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ¼ Cup Sultanas
- > 1 Tsp Turmeric
- > ½ Tbsp Honey
- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Place the **chicken drumsticks and thighs** into a **mixing bowl**. **Season** with **salt, pepper, Moroccan spice mix** and **turmeric**. **Drizzle** with **olive oil** and **honey**, **toss well** and **set aside**.

Finely slice the **onion, fennel** and **garlic**. **Finely chop** the **pistachios**. **Wash and chop** the **coriander** including the stalks. **Set ingredients aside**.

2 **Bring a large casserole** type dish to a **medium high heat**, **drizzle olive oil** and **sear the chicken** for approximately 2-3 minutes **until golden brown**. **Remove from the pan** and **set aside**.

In the same casserole, **drizzle more olive oil** and **sauté** the **fennel, onion** and **garlic** for 5 minutes stirring occasionally. **Add the chickpeas**, including the **water**. **Add half the chopped coriander**, 500ml of **stock** and add a **pinch of saffron**. **Bring to the boil** and **turn down heat** to medium low. **Place the chicken back** into the pan and **let it cook** for 40 minutes.

3 Meanwhile, **bring** a medium size **saucepan** to a **high heat** and **drizzle olive oil**. **Add the parboiled basmati** and **cook** for 1 minute. **Add 1 cup of water**, 1½ cups of **chicken stock** and the **sultanas**. **Bring to the boil and simmer** for 5-7 minutes until the water is halfway evaporated.

Stir one last time and **place a lid on**, then **turn down heat** to a low and **let it cook** for 15 minutes.

Remove lid and brush using a fork to release steam and **sprinkle the pistachios over the rice**.

4 **Serve** chicken **warm** with **Pilaf rice** and **garnish** with fresh **coriander leaves**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

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online@harrisfarm.com.au