

Chicken & Apricot Tagine

PREP TIME:

15 minutes

COOKING TIME:

LOW: 7 - 8 hours
or

HIGH: 3 - 4 hours

SERVES:

4 - 6

pair with a herbal, fruity
green tea with mint or
hibiscus

INGREDIENTS:

2 lbs boneless, skinless chicken thighs

2 tbsp flour

1/2 tsp salt

2 tbsp olive oil

1 1/2 cups / 1 medium onion, diced

2 tsp / 4 cloves garlic, minced

1 Moroccan Tagine blend

1/2 cup / 3oz dried apricots

1/2 cup / 3oz green olives, pitted

2 1/2 cups / 20fl oz chicken broth

PREPARE:

toss the chicken in flour and salt to coat
heat the oil in a skillet on medium; brown the
chicken

add the onion and garlic to the skillet with the
chicken; cook for 2 minutes further

transfer chicken mixture to slow cooker with
remaining flour

tuck the spice bag into the chicken mixture
and leave to steep

add the apricots, olives and chicken broth
cover and cook on LOW: 7-8 hours or HIGH:
3-4 hours

spoon over a bowl of steamed cous cous,
top with toasted almonds and fresh parsley

