



Quick Chicken Tagine

with Chickpeas and Potato



30-40min



2 Portions

Fast-track your way to this Moroccan favourite using chicken thigh fillets for maximum flavour and minimal cooking time. Fragrant with ginger, coriander, cumin and cinnamon, and balancing sweet and savoury flavours, our take on this North African stew includes potato, carrot and chickpeas, making this a substantial yet healthy one-pot dinner.

What we send

- 50g tomato paste
- garlic cloves ginger, coriander
- desiree potatoes, carrots, lemon
- dates
- ras el hanout 1,17
- chickpeas
- onion
- free-range chicken thigh fillets

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- large deep frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 760kcal, Fat 20.7g, Carbs 85.1g, Proteins 47.5g



1. Prepare ingredients

Finely chop or crush the **garlic**. Finely grate the **ginger**. Finely chop the **onion**. Finely grate the **lemon rind** and cut **half the lemon** into wedges (keep remainder for another use). Thinly slice the **coriander**, including the stems. Peel the **carrots**, then quarter lengthwise and cut into 1.5cm chunks. Peel the **potatoes**, then cut into 2cm chunks.



2. Prepare tomato broth

Put the **honey** and **tomato paste** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Coarsely chop the **dates**. Rinse and drain the **chickpeas** in a sieve.



3. Marinate chicken

Trim the **chicken** of any excess fat, then cut into 3cm chunks. Put in a bowl with the **ras el hanout**, season with **salt and pepper**, and toss to coat.



4. Cook aromatics

Heat the **oil** in a large deep frypan over medium-high heat. Add the **garlic, ginger** and **onion**, and cook, stirring, for 2 mins or until fragrant. Add the **chicken** and cook, stirring, for a further 3-4 mins until golden.



5. Add vegetables

Add the **lemon zest, carrots, potatoes** and **tomato broth**, and bring to the boil. Add the **chickpeas** and **half the coriander**. Season with **salt and pepper**. Cover with a lid, then reduce heat to medium and simmer for 12 mins or until vegetables are tender.



6. Get ready to serve

Stir in the **dates**. Season to taste with **salt and pepper**. Divide tagine among bowls, scatter with the **remaining coriander** and serve with the **lemon wedges**.