



CHIPS Cookery Club

Recipe – Chicken Tagine with Couscous

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Ingredients Serves 4 people

1 medium onion	50g dried apricots
1 x 15ml spoon oil	25g raisins
3-4 chicken thighs	1 garlic clove
1 x 5ml paprika	250ml chicken stock
2.5ml cinnamon	7.5ml spoon tomato puree
2.5ml turmeric	400g tin chopped tomatoes
2.5ml cumin	7.5ml honey
2.5ml ground ginger	zest & juice ½ lemon
Handful of mint leaves	125g couscous

Equipment needed

Chopping board, red	Measuring jug
Chopping board for vegetables	Small knife
Large cooks knife	Garlic press
Scissors	Lemon squeezer
Measuring spoon	Microplane grater
Wooden spoon	
Frying pan	
Medium bowl	
Dessert spoon	



Cut the chicken into 2 cm cubes and place in a bowl.



Mix together, cover and leave to chill for an hour or overnight.



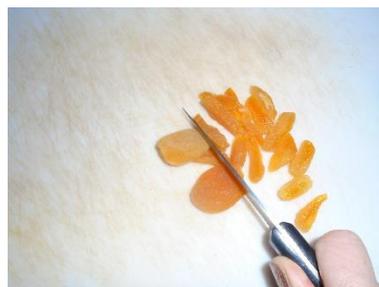
Add the cinnamon, turmeric, cumin and ginger.



Place ½ a chicken stock cube into 250ml boiling water and stir to mix.



Add the paprika.



Slice the dried apricots into thin strips.



Weigh the raisins and add both to the hot stock. Set aside for an hour.



Place the onions into the frying pan and fry for a few minutes until soft. Add the crushed garlic.



Fry the chicken pieces in the oil and turn over. Remove from the pan and drain on kitchen paper.



Add the chopped tomatoes and stir.



Peel and cut the core from the onion.



Add the tomato puree and stir.



Turn and slice thinly using the bridge method.



Add the honey.



Crush the garlic clove and peel the skin away.



Add the stock and the soaked fruit. Stir and bring to the boil. Cook for a few minutes.



Return the chicken to the pan and cook for 20 minutes until cooked through.



Add 250ml boiling water and cover with a plate. Leave for 5 minutes until the water has been absorbed.



You could cook in a tagine if you have one. Serve with couscous.



Remove the zest from the lemon and add to the couscous. Cut in half and add the squeezed juice.



To make the couscous, place the couscous in a bowl.



You can add chopped mint to the couscous along with salt and pepper. Mix together and serve.

You could use diced lamb in the tagine but it will take a lot longer to cook. Try topping with chopped coriander and flaked almonds.