



# Chicken LEMON AND OLIVE TAGINE

## INGREDIENTS

1	Clove of garlic, crushed
1 tsp	Sweet paprika
1 tsp	Cumin, ground
	Large pinch black pepper
2 tbsp	Olive oil
6	Chicken thighs, skin removed with bone in
100g	Onion, finely chopped
1g	Saffron, steeped in 10ml water
12	Green olives, pitted
	Juice from ½ a lemon
	½ a preserved lemon, pith and pulp removed, rinsed and finely chopped
1 tbsp	Honey
250ml	Homemade or free-range chicken stock
4	Sprigs coriander leaves

## METHOD

- 01** Combine the garlic, paprika, cumin, pepper and 15ml olive oil.
- 02** Add the chicken and marinate for at least 1 hour.
- 03** Heat the remaining oil in a casserole and brown the chicken on all sides. Remove and set aside.
- 04** In the same pot, sauté the onions until golden, add the saffron and olives. Cook for 2 minutes.
- 05** Return the chicken and add the lemon juice, preserved lemon, honey and Stock.
- 06** Bring to the boil then cover with a lid and simmer, baste the chicken regularly until cooked.
- 07** Remove lid and if necessary reduce the liquid to a thick sauce.
- 08** Garnish with coriander and serve with whole-wheat couscous.