

Moroccan Chicken Tagine with Prunes and Honey

8 chicken drumsticks, skin removed (alternatively use breast fillets)

2 Tbsp olive oil

1 large onion, finely chopped

1 tspn salt

freshly ground black pepper

1 tspn turmeric

1 tspn cinnamon

1 tspn ground cumin

100g whole almonds, toasted

grated rind 1 orange

1 cup orange juice

1 cup chicken stock

150g pitted prunes

2 Tbsp honey

Fresh chopped parsley or coriander to serve

Add oil to heavy bottomed fry pan, brown chicken and then remove from pan. Add onion to pan, along with salt, pepper, turmeric, cinnamon and cumin. Grind half of the almonds, and add to the pan the orange juice, water, lemon rind, prunes and honey. Return the chicken to the pan and simmer for 20 minutes or place mixture in baking dish, cover and cook in oven at 180C for approximately 1 hour. Serve sprinkled with remaining toasted almonds (roughly chopped). Serve with vegetable couscous. Serves 6.

Health Habits: