



Moroccan chicken

Ingredients

Garlic cloves	1
ground ginger	2.5 ml
ground cumin	2.5 ml
ground paprika	2.5 ml
chicken breast	100 g
onion	50 g
carrot	50g
ready to eat dried apricots	25g
ready to eat dried prunes	15g
sunflower oil	20ml
cinnamon stick	2 cm
Tinned chopped tomatoes	75ml (with juice)
chicken stock	75 ml
tinned chickpeas	25g (drained weight)
salt and black pepper	

Method

1. crush the garlic and mix with the ginger, cumin and paprika
2. cut the chicken into even, bite-sized pieces
3. coat the chicken pieces with the garlic and spices
4. cover and marinate for at least 15 minutes, appropriately stored (covered and placed in the fridge)
5. finely chop the onion
6. cut the carrot into small cubes
7. dice the apricots and prunes (add to carrot)
8. Heat 10 ml of the oil in a pan and seal the chicken pieces. And remove the chicken
9. Add the rest of the oil to the pan then add the onion. Stir to coat the onion with the residual spices in the pan and sauté until soft
10. Add the carrot, apricots, prunes, cinnamon stick, tomatoes, chicken stock and chick peas
11. Bring to the boil, reduce the heat, cover and simmer for 20 minutes
12. Add the reserved chicken and simmer for a further 10 minutes until cooked
13. Remove the cinnamon stick and adjust the consistency and seasoning if necessary
14. Serve hot in a clean, hot dish and garnish appropriately