

## Chicken tagine with apricots

### Ingredients

2 medium onions  
2 garlic cloves  
10 ready-to-eat dried apricots  
300ml stock – reduced salt  
2 x 15ml spoons oil  
8 small chicken thighs  
large pinch saffron threads, crushed (optional)  
1 x 15ml spoon ground ginger  
1 x 15ml spoon ground cumin  
1 x 15 ml spoon ground cinnamon  
1 lemon  
2 x 15ml spoons honey  
Small handful chopped coriander  
4 x 15ml spoons flaked almonds, toasted (optional)  
Couscous to serve  
Fresh mixed herbs, chopped

### Equipment

Chopping board, vegetable knife, garlic crusher, lemon squeezer, measuring jug, kettle, large saucepan, spatula,

### Method

1. Peel and chop the onions.
2. Peel and crush the garlic.
3. Cut the dried apricots into quarters.
4. Juice the lemon.
5. Make up 300ml of stock.
6. In a large saucepan heat 1 x 15ml spoon of the oil.
7. Season the chicken and brown on both sides. Remove from the pan and set aside.
8. Add the remaining oil, onions, garlic and some pepper. Sauté for 10 minutes until softened and golden.
9. Add the spices, sauté for 1 minute, then add the chicken, apricots, lemon juice, honey and half the coriander.
10. Pour in the water or stock and cook on a low heat for 30 minutes or until the chicken is tender and cooked through.
11. Cut into a thick chunk of chicken to check that it is cooked through.
12. Sprinkle with the almonds and remaining coriander and serve with warm herby couscous.