



TAGINE OF CHICKEN

With prunes

This tagine, a variety of stew, is made with chicken and prunes with the spiciness of ginger and the colouring of saffron, It is a Moroccan recipe said to be very old – one of the oldest in this region of Africa. This dish can also be cooked in a tagine which is a half-glazed earthenware dish with a pointed conical lid.*

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TAGINE OF CHICKEN WITH PRUNES

Serves

4-6 people

Ingredients available at [Mediterranean Foods](#)

Ingredients

- Salt to taste
- 375g Pitted prunes
- 1 Teaspoon saffron
- 6 Large free-range chicken pieces
- 3 Onions: 1 sliced into rings and 2 finely diced
- 1 ½ Teaspoons grated root ginger
- 1 Litre of water

1. Combine the chicken, diced onions, saffron, ginger, salt, half the prunes and water in a large saucepan. Cover and simmer gently over low heat. Turn the chicken periodically and stir occasionally.

2. After the first hour of cooking, arrange the sliced onions on top of the chicken pieces. Arrange the remaining prunes around the chicken and continue to cook uncovered on low heat for another 30 minutes. Add small amounts of water if the original stock reduces too quickly before the chicken is cooked. Be careful not to add too much water, as the sauce should be plentiful and thick.

3. Adjust the seasoning to taste. When the chicken is cooked, the prunes are soft and the stock is thick, serve with either couscous or boiled rice (I use basmati or jasmine rice) and vegetables of your choice.

Buon Appetito!



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