

Chicken Tagine With Apricots Ginger And Ras El-Hanout



DIETARY:
Gluten Free, Diabetic, Low Fat, Coeliacs, Dairy Free, Nut Free

MAKING THIS RECIPE

Ingredients

- 2 tablespoons olive oil or sunflower oil
- 1 red onion (peeled and finely sliced)
- A large thumb-sized piece of fresh ginger (peeled and coarsely grated)
- 3 garlic cloves (peeled and finely chopped)
- 2 teaspoons [cumin seeds](#)
- 1 teaspoon [ground cinnamon](#)
- 8 chicken thighs or drumsticks (skin on or off is up to you)
- 2 teaspoons [ras el-hanout](#) (more if you like it fiery)
- 175g ready-to-eat dried apricots
- 1 tablespoon runny honey
- 1 x 400g can of chopped tomatoes with their juice
- ½ teaspoon [salt](#)
- A small bunch finely chopped fresh coriander

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Method

THANKS TO THE [SPICE PIONEER](#) FOR ALLOWING US TO SHARE HIS RECIPE:

Step 1

Heat the oil in a tagine, or heavy-based pan. Stir in the onion until it begins to soften.

Step 2

Add the ginger, garlic, cumin seeds and cinnamon and cook for 2 minutes, then toss in the chicken thighs and brown them on both sides.

Step 3

Add the ras el-hanout, apricots and honey. Stir in the tomatoes with their juice. Add a little water so that the liquid comes halfway up the thighs.

Step 4

Bring the liquid to the boil, then reduce the heat and cover with a lid. Cook gently for 35 minutes on the hob.

Step 5

Season the tagine with the salt and add half the fresh coriander. Keep some to garnish when serving

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