

# Chicken Tagine

*with apricot couscous*

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## INGREDIENTS

- 2 Boneless Skinless Chicken Thighs  
CUT INTO BITE-SIZED PIECES
- 1 Onion DICED
- 2 Cloves Garlic MINCED
- 1 Inch Ginger MINCED
- ¼ Preserved Lemon SEEDS REMOVED, CHOPPED
- 1 Ounce Green Olives ROUGHLY CHOPPED
- ½ Teaspoon Cumin
- 2 Teaspoon Ras El Hanout
- 1 Can Crushed Tomatoes
- 2 Ounce Dried Apricots ROUGHLY CHOPPED
- ¾ Cup Couscous
- 1 Bunch Parsley CHOPPED

Recipe may require salt and pepper, olive oil, & water. Have these on hand; we'll provide the rest.

MAKES 2 servings

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# INSTRUCTIONS

## EQUIPMENT

ONE MEDIUM POT

ONE SMALL POT

*Prior to cooking, read all instructions. Wash all produce and prepare ingredients as listed on the front of this card.*



### 1 *Cut the Chicken into Bite-Sized Pieces*

*Please note, the photos in the rest of the recipe do not have the chicken cut up due to a shooting error.*



### 2 *Cook the Chicken*

Heat 1 tbsp olive oil in a medium pot over medium-high heat. Add the **diced chicken** and cook on all sides until browned. Remove from the pan and set aside. It's ok if there are some bits stuck to the bottom of the pan.



### 3 *Sauté the Vegetables*

Add the **onion** to the pan and sauté for a few minutes until they start to become translucent. Add the **garlic, ginger, preserved lemon** (be sure to remove the seeds!) and **green olives**. Cook for 2 minutes until fragrant. Add the cumin and **ras el hanout** and cook for another minute.



### 4 *Simmer the Tagine*

Add the **crushed tomatoes** and the **reserved chicken** with all of its juices. Season to taste with salt and pepper then cover and bring to a boil. Reduce to a simmer and tilt the lid of the pot so that a little steam can escape. Simmer for 20 minutes.



### 5 *Make the Couscous*

In a small pot add the **apricots** and ¼ tsp salt to 1 cup water. Cover and bring to a boil. Once boiling add the **couscous**, cover and remove from the heat. Let sit for 10 minutes, then fluff with a fork and adjust the seasoning as necessary.



### 6 *Plate the Dish*

Divide couscous between 2 plates.

Once your tagine has simmered for 20 minutes adjust the seasoning to taste and serve over the apricot couscous.

Garnish with chopped **parsley**. Enjoy!

## QUICK TIPS

*Tagines are traditionally cooked in clay pots that have a little hole in the top to allow steam to escape. Make sure when you simmer that the lid is tilted and allows a little bit of steam to escape.*

*Couscous cooks so quickly that you can also use an electric kettle to boil water and pour it over the couscous and apricots, then cover and let sit for 10 minutes.*

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