

Chicken Tagine

INGREDIENTS

SERVES 4

- 500gm chicken breast cubed
- Tinned Tomatoes
- 1 Clove of Garlic.
- 2 Cinnamon Sticks
- 2 tsps of ground cinnamon
- ½ pint of boiling water
- 1 onion. Sliced
- 10 Prunes. Chopped
- 10 soft dried apricots. Chopped
- 1 tbsp of sliced Almonds
- 2 tbsp of curry powder.



METHOD

First dice the chicken into cubes and gently fry then off with some olive oil in the frying pan

Chop and slice the onions, prunes and apricots.

Add the Garlic and ground cinnamon with the chicken and fry for a further 2 minutes until the chicken starts going golden.

Add the rest of the ingredients and stir well.

Bring to the boil and let it boil for 3/5 minutes. Turn down the heat and simmer for then one hour until chicken is tender and you have a nice rich sauce.



Serve with either couscous or rice.

