

Chicken and Vegetable Tajine

Serves 15 people

Ingredients

- ◆ 1kg Chicken Breast
- ◆ 3 Medium Onions
- ◆ 5 or 6 Garlic Cloves
- ◆ 4tbsp of Oil
- ◆ Fresh Coriander
- ◆ 1tbsp Black Pepper
- ◆ 1tbsp Ginger Powder
- ◆ 1tbsp Haldi
- ◆ Pinch of Cinnamon
- ◆ 5 or 6 small Potatoes
- ◆ 2 cups of Fresh Peas



Instructions

1. Finally chop the onions and add to tajine.
2. Add 4 tablespoon of oil, garlic (chopped or sliced) and fry the onions until golden brown.
3. Slice the chicken breast into small pieces and add to the tajine.
4. Fry for 10 minutes.
5. Add the spices (coriander, black pepper, ginger powder, Cinnamon and haldi) and stir well to mix.
6. Chop the potatoes into small cubes and add to tajine followed by fresh peas.
7. Add half a cup of water to the tajine. Cover the tajine and leave to cook slowly until vegetables are cooked.
8. Garnish with fresh coriander.
9. Serve with Moroccan salad (see separate recipe) and pitta bread.

Enjoy!

These recipes have been developed by ladies in the community, sharing their skills, promoting healthy eating. For more recipes visit www.dostigroup.co.uk