



VITAL STATISTICS

Preparation Time

10 minutes

Cooking Time

1 hour 10 minutes - 1 hour 45 minutes

Serves

4-6

INGREDIENTS

3 tbsp olive oil
2 red onions, thinly sliced
6 chicken thighs, with bones (Use skinless thighs if preferred, but they won't have as much flavour)
2 tsp Bart Harissa spice blend
1 tsp Bart Garlic Infusions / 1 garlic clove crushed
1 tsp Bart Ginger Infusions / 1 tsp fresh ginger crushed
175ml water
Salt and freshly ground black pepper
100g pitted green olives
The peel from ½ a preserved lemon, cut into strips
3 tsp Bart Coriander Infusions / 3 tsp chopped fresh coriander
1 tbsp chopped fresh parsley
Chopped fresh coriander to garnish

HARISSA CHICKEN TAGINE



In a heavy-based casserole dish with a well-fitting lid, heat the oil. Add the onion cook gently for 15-20 minutes, until very soft. Remove the onion and add the chicken. Cook until browned all over.

Stir in the Harissa and cook for 1 minute then return the onions to the pan. Add the Garlic, Ginger, and water and season with salt and pepper. Bring to the boil then reduce the heat, cover the pan and simmer very gently for 45 minutes.

Stir in the olives, preserved lemon, Coriander and or parsley and cook for a further 10-15 minutes.

Scatter over the chopped coriander and serve with couscous or rice.