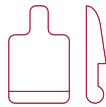




Chicken Tagine



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 1 HOUR



SERVES: 6

Ingredients

1 kg chicken thigh fillets
Salt & pepper
2 tbsps olive oil
1 onion, sliced
4 cloves garlic, chopped
1 tbsp chopped ginger
2 tsps ground cumin
2 tsps ground coriander
2 tsps turmeric
1 ½ cups chicken stock
1 tbsp harissa paste
½ cup halved dried apricots
½ cup halved prunes
¼ cup chopped coriander
¼ cup pinenuts, toasted
Finely sliced lemon rind

Method

To begin your chicken tagine, trim any excess fat from the chicken & season with salt & pepper.

Preheat oven to 170°C on [Top & Bottom heat](#) and place the wire rack on shelf position 2.

Heat a large frying pan over a medium high heat, [Induction](#) level 7.

Add the oil to the pan then cook the chicken on one side for 3 to 4 minutes or until golden. Turn & continue to cook for a further 3 to 4 minutes on the other side. Remove and place into an ovenproof casserole dish. Depending on the size of the pan this may need to be cooked in two batches. Drain any excess oil from the pan then add the onion, garlic and ginger and saute until lightly golden. Add the spices & cook until fragrant.

Add the stock, harissa paste, apricots & prunes to the pan and mix well.

Pour over the chicken & cover the dish with a lid. Cook in the oven for 45 minutes.

Sprinkle the coriander, pine nuts & lemon zest over the chicken.

Serve the Chicken Tagine with couscous & steamed greens.

Notes

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