

One Pot Moroccan Chicken



INGREDIENTS – WHAT YOU NEED

6 chicken pieces – 2 to 3 per person



2 brown onions



2 potatoes



½ can of tomatoes (whole or chopped)



4 cloves of garlic



BETTER THAN BEANS

3 cardamon pods



1 large knob of ginger



1 tablespoon of ground cumin



1 cinnamon quill



2 teaspoons of chicken stock



1 preserved lemon



BETTER THAN BEANS

2 teaspoons coriander powder



METHOD – HOW TO COOK

Smash 4 cloves of garlic.

Roughly chop the garlic.

Put aside for now.



Crush 3 cardamon pods.

Separate the seeds.

Grind into a powder.

Put the aside with the garlic.



Roughly slice 1 large knob of ginger.

Put aside with the garlic and seeds.



BETTER THAN BEANS

Cut 2 onions in half.

Cut each half into slices.

Put aside.



Use a deep pan.

Add a light layer of olive oil.

Heat the oil on medium heat.



Add your chicken pieces.

Leave to brown on one side.

Turn and brown on the other side.



BETTER THAN BEANS

Add the onion slices.

Stir through for about 3 minutes.

Turn the heat down to medium-low.



Add the –

- garlic
- ginger
- ground cardamon seeds
- 1 tablespoon of ground cumin
- 2 teaspoons of coriander powder

Stir through.



Add 2 cups of water.

Add 2 teaspoons of chicken stock.



BETTER THAN BEANS

Add ½ can of tomatoes.



Add the cinnamon quill.



Peel 2 potatoes.

Cut potatoes into half.

Cut each half into 4 – Add to the saucepan.



Turn the heat down to very low.

Leave to simmer for 20 minutes.

BETTER THAN BEANS

Cut 1-2 preserved lemons in half.

Cut each half into 4.

Add to the pan.

Stir through.



Wash ¼ bunch of coriander.

Pick off the leaves.

Sprinkle leaves on top before serving.



Serve with couscous.