



"JUGGLING TWO HATS"

Moroccan Chicken Casserole – The Farmer and the Cook – May 2019

This recipe requires a couple of hours marinating time.

Ingredients – Serves 4

1kg skin free Maryland chicken pieces

500ml chicken stock

1 large onion finely chopped

3 garlic cloves finely chopped

2 carrots and 2 sticks of celery roughly diced

2 tsps grated ginger

1 can of chickpeas

400g tinned tomatoes

2 tbs tomato paste

1 tsp each of ground ginger, cumin, coriander, white pepper, cinnamon, turmeric, smoked or sweet paprika

2 tbs of Middle Eastern spice mix (also known as Harissa - you can purchase this at leading supermarkets)

2 tbs of pomegranate molasses

Olive Oil

Lemon

Chopped fresh coriander and flat leaf parsley

Pomegranate Arils (can be purchased at leading supermarkets)

Greek yogurt

Method – You can do this in the slow cooker or in the oven

1. Mix together the spices and place your chicken in a dish for marinating. Add HALF of the spice mix to the chicken and marinate for a couple of hours (or overnight).

2. Spray slow cooker with olive oil spray and place the carrot, celery, onion and garlic on the bottom of the pan. Place chicken pieces on top and drizzle some olive oil over the chicken.
3. If you are using the oven method (preheat to 160 degrees) then brown the marinated chicken pieces in batches and take out of the casserole dish. Add the carrot, celery, onion and garlic to the pan and cook for 5 minutes. Return chicken to the casserole.
4. Add the rest of the spice mix (to the slow cooker or casserole dish), ginger, stock, chopped tomatoes, tomato paste, chickpeas and a splash of pomegranate molasses. Season with salt and pepper and squeeze over half a lemon. You can also add some chopped fresh coriander and parsley here too if you wish.
5. Cook in slow cooker on low for eight hours or in the oven for four hours.
6. Once ready, give it a good stir and squeeze over remaining lemon. Serve with some chopped parsley and coriander, Greek yogurt and pomegranate arils.