



Chicken Tagine with Mint and Glazed Citrus Onions

Ingredients:

For the chicken marinade:

¼ cup olive oil
Zest and juice of half a lemon
3 tbl fresh mint, chopped
1 tbl grated fresh ginger
2-3 tsp Ras el Hanout
1 tsp salt
1 tsp Tunisian Harissa (omit if you prefer to keep it mild)
4 chicken legs or 8 thighs or 8 drumsticks

For the tajine:

2 tbl olive oil
2 tbl butter
6 garlic cloves, crushed
4 mint sprigs
4 thyme sprigs
7 cardamom pods
1 ½ cups chicken stock
½ tsp Ras el Hanout to finish

For the glazed onions:

1 red onion, thinly sliced
¼ cup olive oil
Juice and zest of one orange like cara cara.
2 tbl honey
½ lemon

For the sautéed zucchini:

1 medium zucchini, sliced

Instructions:

- 1 - Mix marinade ingredient well in a bowl. use to marinade chicken for at least 2 hours and preferably over night.
- 2 - Heat olive oil and butter in a tagine or Dutch oven over medium heat. Add chicken and cook 5 minutes per side until browned. Transfer to plate.
- 3 - Add garlic to pot and sauté for 1 minute. Add mint, thyme, cardamom, stock. Return chicken to pot. Bring to a boil.
- 4 - Cover and reduce heat to low to Simmer for 1 to 1 ½ hours or until chicken is very tender. Sprinkle with ½ tsp Ras el Hanout and keep warm.
- 5 - Meanwhile, sauté onions in small sauce pan with ¼ cup olive oil until soft for 5 minutes or so. Add orange juice, zest, honey, and ½ lemon whole. Cover and Simmer for 10 minutes, or until liquid thickens. Remove ½ lemon.
- 6 - Sauté zucchini in a separate pan with some olive oil until desired doneness. Season with salt and pepper.
- 7 - Discard herb springs from tagine. Serve in tajine or dutch oven as is. Pour glazed red onions on top. Add sautéed zucchini afterwards. Garnish with mint and toasted almonds.

2 TBL olive oil

For the garnish:

chopped mint

toasted slivered almond

Spices Used: Ras el HanoutTunisian

Harissa

Prep Time: 2.5-24 hours

Cook Time: 3-4 hours