



Posted on 17 September 2012
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Chicken Tagine

Ingredients

Oil for frying
8 boneless chicken thighs
1 onion, diced
1 oz. ginger, grated
4 fl oz. water
¼ tsp. turmeric
0.5 oz. honey
1 bag baby carrots
handful of parsley

Cooks Note

In a skillet heat a bit of oil and add the chicken and brown on all sides; Add the onion and gineger and sauté for a couple of minutes; add to this the remaining ingredients except parsley, cover and simmer on a medium hear for 40 minutes; increase the heat and simmer uncovered for an additional 5 minutes; serve sprinkled with parsley and lemon wedges on the side
