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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