

Moroccan Chicken Stew

TWO GOOD

Heat the olive oil in a large flameproof casserole dish over high heat. Season the chicken, then add to the dish in batches and cook until browned all over. Remove and set aside. Reduce the heat to medium, add the onion and carrot and cook for 6–8 minutes or until softened. Add the garlic and ground spices and stir for 1 minute or until fragrant.

Add the tomato, coriander root and stalks, stock and vinegar and season well. Simmer for 10 minutes, then return the chicken to the dish, along with the preserved lemon and date or prune. Simmer for another 5–10 minutes or until the chicken is cooked through.

Add the chickpeas and kale or silverbeet and simmer for 10 minutes or until the greens have softened. Stir in the lemon juice and half the parsley, then check the seasoning.

Scatter with the slivered almonds, coriander leaves and remaining parsley and serve with couscous.

60 ml (¼ cup) olive oil
sea salt and freshly ground black pepper
700 g chicken thigh fillets, halved
2 brown onions, finely chopped
2 carrots, finely chopped
5 garlic cloves, finely chopped
2 teaspoons ground cinnamon
2½ teaspoons ground cumin
2½ teaspoons smoked sweet paprika
2½ teaspoons ground coriander
1 x 400 g tin chopped tomatoes
½ bunch of coriander, leaves picked, stalks and roots washed and finely chopped
375 ml (1½ cups) chicken stock (see page 199)
1 teaspoon balsamic vinegar
2 teaspoons finely chopped preserved lemon rind
75 g pitted dates or prunes, chopped
1 x 400 g tin chickpeas, drained and rinsed
6 kale or silverbeet stalks, stems removed, leaves shredded
1 tablespoon lemon juice
½ bunch flat-leaf parsley, leaves picked and coarsely chopped
2 tablespoons toasted slivered almonds
cooked pearl or regular couscous, to serve



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