

Chicken Tagine with Butternut Squash, Preserved Lemon & Almonds

Serves 2

2 large or 4 small chicken thighs, bone in
1 small onion
1 tbsp olive oil
1 small cinnamon stick
2 cloves
2 cardamom pods
1 tbsp lemon juice
1 tsp shredded lemon zest
1 tsp honey
Small pinch saffron
15g currants
180g butternut squash
15g flaked almonds
2 tbsp chopped parsley
Salt & pepper to taste



Prepare all the ingredients: remove the skin from the chicken thighs & trim off any excess fat.

Slice the onion, soak the saffron in a little hot water, peel and cut the squash into approx. 1cm cubes, cut the lemon rind into fine shreds, toast the almonds in a dry pan, chop the parsley.

Heat the oil in a heavy based pan over a medium heat. Add the sliced onion and fry gently to soften and colour slightly.

Add the cinnamon, cloves & cardamom pods, fry for a few seconds, then move the onion & spices to the side of the pan and add the chicken. Increase the heat if necessary & fry for a few minutes on each side to brown a little.

Add the squash, currants, lemon shreds, saffron & soaking water, honey & lemon juice. Give everything a stir to combine and shake the pan to distribute all the ingredients in an even layer. Add a little water if the pan looks dry. Cover with a lid, reduce the heat to low and allow to cook very gently for 45 mins.

Stir through $\frac{3}{4}$ of the parsley and toasted almonds, adjust the seasoning, arrange on a serving dish and sprinkle the remaining parsley and almonds over the top.

Serve with rice or couscous

Adaptations, Hints & Tips

To make this dish suitable for vegetarians & vegans, swap the chicken for a can of chick peas!

Ground turmeric can be used instead of saffron.

Use coriander instead of parsley for a flavour change.

If you're nut free, just miss the almonds out.