



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
½ tbsp preserved lemon
1 tsp honey
Small pinch saffron
15g currants
180g butternut squash
15g flaked almonds
2 tbsp chopped parsley
Salt & pepper to taste

1. Prepare all the ingredients: remove the skin from the chicken thighs & trim off any excess fat.
2. Slice the onion, soak the saffron in a little hot water, peel and cut the squash into approx. 1cm cubes, cut the preserved lemon into fine shreds, toast the almonds in a dry pan, chop the parsley.
3. Heat the oil in a heavy based pan over a medium heat. Add the sliced onion and fry gently to soften and colour slightly.
4. 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.
5. Add the squash, currants, preserved 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 enough water to come about half way up the chicken, cover with a lid, reduce the heat to low and allow to cook very gently for 45 mins.
6. Stir through ¾ of the parsley and toasted almonds, adjust the seasoning, arrange on a serving dish and sprinkle the remaining parsley and almonds over the top.
7. Serve with rice or couscous

