



Chicken Tagine with Fennel & Prunes

This is a delicious dish with sweetness from the prunes and honey. Using chicken with the bone in adds flavour to the sauce.

2 large or 4 small chicken thighs, skinned
1 bulb fennel
1 medium onion
1 tsp ground cumin
½ tsp ground cinnamon
Juice of 1 orange + a couple of strips of orange peel
1 tbsp honey
6 small prunes
¼ tsp ground turmeric
1 tbsp oil



1. Cut the fennel into 6 pieces lengthwise, keeping the core attached to the layers of the bulb.
2. Slice the onion and fry over a medium heat until soft and golden.
3. Add the chicken and cook for a few minutes to seal and add colour.
4. Add the spices to the pan, stir to coat everything and add the fennel, prunes, orange rind & juice and honey.
5. Bring to the boil, reduce the heat to a simmer, cover and cook gently for 30min for chicken off the bone, or 45 min for chicken on the bone.

Hints, Tips and Variations

Wheat, gluten & dairy free

Freezable, reheat in a microwave.

Use a celery heart instead of fennel, try dried apricots instead of prunes.

If using boned chicken thighs, reduce the cooking time to about 20mins & cook the fennel with the onions.

Chicken breasts, diced lamb or shoulder pork steaks also work well with this dish.