

## Chicken, Chickpea, and Apricot Tagine

Adapted for the slow-cooker (serves 6)

### Ingredients:

3 lbs boneless, skinless chicken thighs, chopped into large chunks

1-2 medium onions, chopped

3-4 garlic cloves, minced

1 inch ginger root, minced or grated

1-2 Tablespoons olive oil

6-8 ounces dried apricots

2 Tablespoons tomato paste

28 oz canned chick peas, drained

28 oz canned diced tomatoes, drained

2-3 carrots, peeled and sliced into thick coins

3 Tablespoons honey (optional)

1-3 Tablespoons flour for thickening (optional)

1 cup chicken stock

1 teaspoon turmeric

4 teaspoons Ras el Hanout spice mix – or—

1 teaspoon ground coriander

1 teaspoon ground cinnamon

1 teaspoon ground cumin

1 teaspoon cayenne pepper (optional)

½ teaspoon salt and black pepper

Chopped fresh cilantro to serve

1 preserved lemon, chopped into small chunks (optional)

Method:

1. Heat olive oil and brown chicken, remove and set aside. Saute chopped onions, garlic, and ginger for 5 minutes or until onions are transparent.
2. Add flour to chicken stock until dissolved. Add honey, tomato paste and mix well.
3. Add measured spices and salt and pepper to taste.
4. Add drained tomatoes.
5. Pour all into the slow-cooker insert
6. Gently fold in chicken, apricots, carrots, and drained chick peas until mixed well.
7. Cover and cook at LOW setting for 7-8 hours, or HIGH for 4 ½ hours

Serve with couscous, rice, warmed pita bread or flatbread. Sprinkle chopped cilantro and preserved lemon over dish before serving.