



Moroccan Tajine

(6 servings)

- 8 pieces chicken, thighs or breast, skin removed
- 2 onions, diced
- 6 cloves garlic, smashed
- 6 Tbsp olive oil
- 4 carrots, peeled & sliced into chunks
- 4 stalks celery diced
- 2 red peppers, diced
- 5 med potatoes, halved & then sliced 1/2 inch thick
- 1 cup pitted olives with brine
- 1 cup broth
- 3 TBSP MOROCCAN SPICE BLEND
- 4 cinnamon sticks broken in half (optional)

Marinade: In a large ziploc bag, add chicken, 4 tbsp olive oil, spice blend (squeeze air out of bag) and massage. Refrigerate for 30 minutes to overnight.

On medium heat, in a 11 inch pan (with high sides - at least 3 inches) add remaining olive oil add onion, garlic, pepper, celery & cook for 3 minutes
Layer potatoes, then carrots, then chicken (include marinade juice). Tip: Add a little of the broth to bag and swirl, then add to pan so all that great flavour is included in your meal. Spread olives & cinnamon around vegetables & meat.
Add enough broth to come half way up the pan.
Cover and cook for 45-60 minutes, (low-med so it doesn't stick) until chicken juices run clear.
Remove cinnamon sticks & serve.
Optional: may be served over rice or couscous! Enjoy!

Nutrition Facts

6 Servings

Amount Per Serving

Calories	426.1
Total Fat	18.8 g
Saturated Fat	2.9 g
Polyunsaturated Fat	2.3 g
Monounsaturated Fat	11.1 g
Cholesterol	76.4 mg
Sodium	340.1 mg
Potassium	1,404.2 mg
Total Carbohydrate	41.6 g
Dietary Fiber	7.9 g
Sugars	7.9 g
Protein	23.2 g