

Moroccan Chicken Casserole/Stew

Makes: Servings 5

Ingredients

1kg Chicken thighs – remove skin
1 x Med Onion – finely chopped
1 clove Garlic
30g Tagine Paste – Tesco
10g Sultanas
400g Chickpeas (Tinned, drained)
1 Tsp Worcester sauce
1 x tin chopped Tomatoes



Instructions

Preheat oven to 175C or 350F

Remove the skin from the chicken thighs and place in a large casserole dish. Finely chop the garlic and add to the chicken, then add all the rest of the ingredients and stir well until the chicken is well coated.

Place lid on casserole dish and put in oven for 1 hour.

After 1 hour take lid off dish and turn each chicken thigh and return to oven for 30 mins without lid to reduce the sauce.

Season to taste with salt and pepper and serve.

Nutrition information:

Each Serving:

Kcal	418
Fat	6.8g
Net Carbs	8.4g
Protein	39g

