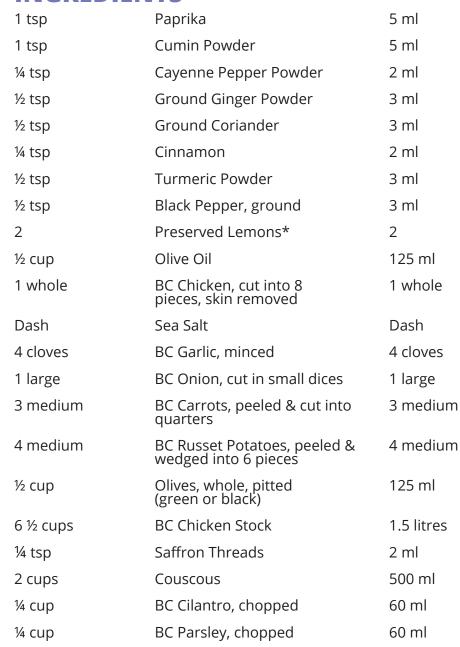


CHICKEN TAGINE WITH COUSCOUS



INGREDIENTS



DIRECTIONS

1. Combine paprika, cumin, cayenne, ginger, coriander, cinnamon, turmeric and black pepper in a large mixing bowl.

bcaitc.ca

- 2. Add the juice of 1 lemon and ¼ cup (60ml) olive oil and mix to make a marinade.
- 3. Add BC Chicken pieces and toss to coat. Marinate at least one hour (but best if marinated overnight).
- 4. Preheat oven to 350 F.
- 5. Place 4 cups of chicken stock into a pot. Add saffron threads. Bring to a boil and remove from heat to steep. Set aside.
- 6. Heat ¼ cup of olive oil in a pan on medium-high. Season chicken lightly with salt and add to the pan to brown on both sides.
- 7. When browned, remove the chicken to a plate and reserve.
- 8. Reduce heat to low and add BC Onions to the pan. Cook until translucent. Add BC Garlic and sauté 1 minute more. Remove from heat.
- 9. In your large tagine, Dutch oven, or 4 small tagines, add the onion and garlic mixture.
- 10. Top with browned chicken pieces.
- 11. Arrange BC Potatoes and BC Carrots around the chicken.
- 12. Add 4 cups of saffron chicken stock. Top with the lid and bake for 1 hour undisturbed.
- 13. Meanwhile, bring the remaining 2 ½ cups of chicken stock and a pinch of salt to a boil in a pot.
- 14. Add couscous to a heat-resistant bowl.
- 15. Pour the boiling chicken stock over the couscous, stir and cover with plastic wrap for at least 10 minutes.
- 16. When chicken is done and is extremely tender, carefully remove from the oven.
- 17. Remove plastic from couscous and fluff with a fork.
- 18. Cut remaining lemon into 4 wedges.
- 19. Garnish tagine with BC Parsley, BC Cilantro, and lemon wedges.



*if you cannot find preserved lemons, use only 1 and replace the lemon juice in the marinade with the preserved lemon flesh and replace the garnish lemon wedges with the preserved lemon skins.