

Harissa Chicken with Apricots

Prep: 20 minutes

Cook Time: 1 hr, 40 minutes,

2 servings

Ingredients

1 tbl olive oil
1 large skinless boneless chicken breast cut in half
1 garlic clove, crushed
1 ½ tsp ground cumin
1 ½ tsp ground coriander seeds
1 ½ tsp sweet paprika
½ large onion, finely sliced
¼ cup split red lentil
14 oz can chopped tomato
1 ½ tsp tomato ketchup
2 cups chicken stock
1 cinnamon stick
1/3 cup whole dried apricot
handful mint leaves garnish (optional)

Directions

Heat oven to 350 degrees F. Rub olive oil into the chicken. Mix the garlic, cumin, coriander and paprika together, then rub all over the chicken on both sides.

Heat a large stove top casserole, add the chicken and cook over a medium heat for 5 mins until golden on both sides. You might need to do this in 2 batches, depending on the size of the casserole. Set the chicken aside. Turn down the heat, add the remaining oil and fry the onion for 5 mins until softened.

Stir in the rest of the ingredients, apart from the mint and bring to the boil. Place the chicken on top and pour in any juices. Cover and cook in the oven for 1½ hrs, until the meat is tender and the sauce thickened. (Can be cooled and frozen at this stage for up to 1 month.) Scatter with fresh mint leaves and serve with couscous or rice.