Moroccan Tagine with Chicken, Apricots and Butternut Squash



(Serves 6)

Pumpkin spice might reign supreme in the fall, but the warm, rich aromas of Moroccan food pair just as beautifully with chilly weather. While this tagine has a number of ingredients, it's fairly easy to make – just a matter of chopping and simmering. Traditionally, tagine is served with couscous, but long-grain rice makes a great gluten-free alternative.

Ingredients:



- 2 tablespoons olive oil
- 1 small onion, diced
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 lb chicken breast, diced
- 2 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ½ teaspoon ground cinnamon
- 1½ cups water
- 3 low-sodium chicken or vegetable bouillon cubes
- 1 (19 ounce) can garbanzo beans, rinsed and drained
- 1 tablespoon red chili paste (any gluten-free brand)
- 1 tablespoon honey
- ½ cup dried apricots, chopped
- ⅓ cup raisins
- ⅓ cup slivered almonds, plus an extra handful for garnish
- 2 tablespoons fresh lemon juice

- 4 cups butternut squash (or sweet potatoes or pumpkin), peeled, seeded and cut into bite-sized pieces

Instructions:



In a stock pot or a large Dutch oven, heat the oil over medium heat. Add the onion and sauté for 5 minutes.





Add the garlic, ginger, chicken, turmeric, coriander, cumin and cinnamon. Stir together and sauté until the chicken is no longer pink.





Add the water, bouillon cubes, chili paste, honey, lemon juice, raisins, apricots and almonds. Stir together and turn up the heat to high. Bring to a boil, then reduce heat to low, cover and simmer for 10 minutes.





Add the butternut squash, stir together, and return to a simmer. Cover the pot and leave simmering over low heat for another 25 minutes, or until the squash is tender.

Garnish with extra almond slivers and serve over long-grain rice.

Recipe modified from: https://www.daringgourmet.com/moroccan-tagine/

Tips

- For a more budget-friendly recipe, simply swap out the chicken breast in favour of thighs.
- Make it vegetarian: use 3 extra cups of squash and an extra can of garbanzo beans in place of chicken.

Nutrition Facts:

Calories: 467
Fat: 14g
    Saturated: 2.1g
Cholesterol: 64mg
Sodium: 328mg
Carbohydrate: 57g
    Fibre: 13g
    Sugars: 21.6g
Protein: 33.7g
Vitamin A: 15,696IU
Vitamin C: 26.1mg
Calcium: 161mg
Iron: 4.4g