

# Moroccan Chicken with Lentil Stew

Makes 10-12 cups or 2.5 to 2.8 L

## Ingredients:

Unsalted butter	2 TBSP
Onions, small	2
Celery stalks, chopped large	2
Ground ginger	3 tsp
Tumeric	½ tsp
Ground cinnamon	¼ tsp
Salt	2 tsp
Ground pepper	¼ tsp
Grey green lentils	1 cup
Water	1.6 L
Canned crushed tomatoes 475ml	2 cups

yellow potatoes	1
Carrots, chopped	1 cup
Chickpeas, drained rinsed	532ml
Roasted chicken, shredded	1
Coriander chopped	1/3cup
Lime juice	2



## Method:

1. Put butter, celery, onion in a large pot. At medium heat, stir and cook until vegetables are soft. Stir in spices and lentils.
2. Pour in water and the crushed tomatoes and bring to a boil. Reduce heat and simmer for 15 minutes.
3. Add potatoes and carrots and cook for another 10 minutes.
4. Add chickpeas and chicken, simmer until heated through; about 5-7 minutes.
5. Garnish with coriander and lime juice.

## Nutritional facts

One cup of lentils:	
Protein	18g
Carbohydrate	40g
Fibre	16g
Fat	0.8g
Good source of iron, folate	
Potassium	730mg