

## Chicken Honey and Mint Tagine

Impress your friends with this fragrant tasty dish

Preparation Time: 20 minutes

Cooking Time: 50 minutes

### Ingredients

- 3 tablespoons of fresh chopped mint
- 1 tablespoon of fresh grated ginger
- 1 teaspoon of ground cumin
- 1 teaspoon of ground cinnamon
- 1 teaspoon of paprika
- 1 teaspoon of sea salt
- 1/2 teaspoon of crushed red pepper flakes
- 1 (4-pound) chicken, cut into 8 pieces
- 2 tablespoons of olive oil
- 2 tablespoons of butter
- 6 garlic cloves, smashed

### For the Glaze

- 1 1/2 cups of chicken broth
- 1 red onion, thinly sliced
- 3/4 cup orange juice
- 1/4 cup honey
- 4 fresh mint sprigs
- 4 fresh thyme sprigs



- 1 lemon, quartered

### **Garnishes**

- fresh chopped mint
- 1/2 cup slivered almonds, toasted

### **Method**

#### **Step 1**

If using an unglazed terracotta tagine, for best results, soak the tagine in water for 10 to 20 minutes whilst you prepare. Meanwhile combine the mint, ginger, cumin, cinnamon, paprika, salt and red pepper flakes in a large bowl. Add chicken, turning to coat.

#### **Step 2**

Heat the oil and the butter in a pan over a medium heat. Add the chicken, skin side down, and cook for 4 to 5 minutes per side or until golden brown. (Cook in batches, if necessary.) Transfer to a plate.

#### **Step 3**

Add garlic to pan, and sauté about 1 minute. Place all ingredients in the tagine plus any juices that drained onto the plate. Cover, and place the tagine in the oven for 35-40 minutes or until chicken is tender..

#### **Step 4**

Bring the chicken broth, onion, orange juice, honey, mint and thyme sprigs and lemon to a simmer in a separate saucepan over a low heat; cook 8 to 10 minutes or until the lemon becomes soft and the liquid thickens. Discard the herb sprigs; pour the glaze over the chicken, and garnish, if desired.