

Recipe

Moroccan Chicken



Nutritional & Serving Information

Recipe Good For?	Healthy Eating	Serves	4
Time to Prep	30 mins	Time to Cook	45 mins
Calories (per serving)	275	Carbohydrate (g)	24
Fibre (g)	5	Fat (g)	9.5
Protein (g)	25.4	Sugars (g)	10.3

Ingredients

1 Large Onion (red or white)	1 tbsp Coconut Oil*	1 Red Pepper
400g Chicken	2 tbsp Moroccan Spice**	500ml Water
2 Carrots	1 Leak	2 Small Sweet Potatoes
100g Raisins		

Cooking Method

Cut up the chicken and all the vegetables

Heat the oil in a frying pan and add the onion, chicken and half of the moroccan spices

Once the chicken is browned, add it, and the other ingredients to a large casserole style dish

Depending on your oven you should cook for around 45mins at 180°

Tips

You can use any vegetables you have in the house although the ones we've written work best for flavour

If you don't have raisins, or don't like them, add something else sweet to give it the sweet/sour taste

Do present your food on a plate, even if you're only cooking for yourself; your brain sees a meal as more substantial if it looks appetising.

* we recommend Bioglan Organic Coconut oil

** Moroccan Spice is easy to make, simply combine the same amounts of Nutmeg, Cumin, Coriander, with half the amount of Allspice, Ginger, Chilli Powder (or Cayenne Pepper) and Cinnamon.