



Moroccan Chicken Tagine

with Dried Apricots, Almonds & Couscous



30min



2 Servings

This Moroccan-style tagine is the perfect, cozy weeknight dinner. We simmer pre-sliced chicken breast strips in a rich tomato-based sauce with dried apricots, briny olives, onions, carrots, and vibrant harissa, a North African blend of dried chiles and spices. We serve this stewy mixture over fluffy couscous with a sprinkle of toasted almonds and cilantro on top. The result is warming, sweet and savory, and full of flavor!

What we send

- ½ lb carrots
- 1 medium red onion
- 1 can whole peeled tomatoes
- 2 oz Castelvetrano olives ¹²
- 2 oz dried apricots ¹²
- 2 (10 oz) pkgs chicken breast strips
- ¼ oz harissa spice blend
- 1 oz sliced almonds ¹⁵
- 3 oz couscous ¹
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

- medium Dutch oven or pot
- small saucepan

Allergens

Wheat (1), Sulphur dioxide and sulphites (12), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 20g, Carbs 87g, Protein 40g



1. Prep ingredients

Scrub **carrots**, then cut on an angle into ½-inch thick slices. Halve **onion**, then thinly slice crosswise. Using kitchen shears, finely chop **tomatoes** directly in the can. Remove pits from **olives**, if necessary. Thinly slice **apricots**.



2. Brown chicken

Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add chicken and cook, stirring occasionally, until browned in spots, 2-3 minutes (chicken will not be cooked through). Transfer to a plate; reserve pot.



3. Cook aromatics

Heat **1 tablespoon oil** in same Dutch oven or pot over medium. Add **onions, carrots, and a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are browned and slightly softened, about 5 minutes. Add **harissa spice blend**; cook, stirring, until fragrant, 30 seconds. Stir in **tomatoes, apricots, olives, chicken with any juices**, and **1 cup water**.



4. Cook tagine

Bring **tagine** to a boil over high heat. Reduce heat to low, then partially cover pot and simmer until **veggies** are tender, **chicken** is cooked through, and **sauce** is slightly thickened, about 15 minutes. Remove from heat, then stir in **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**.



5. Toast almonds

While tagine cooks, heat **2 teaspoons oil** in a small saucepan over medium. Add **almonds** and **a pinch of salt**. cook, stirring until golden brown, 2-3 minutes (watch closely). Transfer to a bowl; wipe out saucepan.



6. Make couscous & serve

In same saucepan, bring **1 cup water** and **a pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand for at least 5 minutes, or until **tagine** has finished cooking, then fluff with a fork. Serve **chicken tagine** over **couscous** with torn **cilantro leaves** and **toasted almonds** garnished over top. Enjoy!