

Chicken and squash tagine

Makes 2 - 3 servings, 20 minutes prep plus 30 minutes in the oven

Mmmm Moroccan spicy goodness in this speedy and tasty tagine. This gives plenty of sauce for four - which is super yummy heated up with lentils, for example. Use more or less chicken depending on how many you want to feed.

- * *Ras el hanout* - 1 tsp
- * *Paprika* - 1 tsp
- * *Ground cumin* - 1 tsp
- * *Olive oil* - 2 tbsp
- * *Salt* - a generous pinch
- * *Chicken* - 4 free range thighs/legs
- * *Onion* - 1 large, peeled and chopped
- * *Garlic* - 2 cloves, peeled and sliced
- * *Ginger* - 1 thumb sized piece, peeled and finely chopped
- * *Chicken stock* - 500ml
- * *Lemon* - juice of 1/2
- * *Butternut or kuri squash* - 1/2 large or 1 small, thickly sliced, skin on
- * *Dates* - 8
- * *Fresh coriander* - to serve

Preheat the oven to 190 degrees C.

Mix the spices, olive oil and salt together in a small bowl until you have a smooth paste. Then rub this mixture all over the chicken pieces.

Heat a glug of olive oil in a heavy based casserole pan over a medium high heat. When the oil is hot, place the chicken in the pan, skin side down, and sizzle for a few minutes. Then turn the chicken and sizzle for a few more. It should be golden brown on both sides. Remove the chicken from the pan and set aside.

In the same pan, fry the onion, garlic and ginger over a medium heat until softened. Add a splash of water to get all the spices mixed in.

Add the squash to the pan and stir well to coat with the spices. Then add the stock and lemon juice to the pan and bring to a simmer. If you're using unsalted chicken stock add a few pinches of salt. Then lay the chicken pieces in the pan. The chicken skin should be face up and out of the liquid.

Bake in the oven for 15 minutes.

Add the dates to the pan and bake for another 15 minutes.

Serve with fresh coriander over wild rice, couscous, lentils or quinoa.