

# MOROCCAN CHICKEN STEW

with Dates and Ginger served with Green Beans



Fancy an evening out in Casablanca?

**COOKING TIME: 35 MIN**

**CALS 540 | PROT 64.6G | CARBS 51.9G | FAT 6.74G**



## TIPS FOR FUSSY EATERS

This is a mild stew but with lots of flavor. Fry the chicken separately and serve with steamed vegetables and rice.

## PRO TIP

If you have a tagine, now is the time to dust it off and put it to good use. After step 3, put in the oven at 180°C for 45 minutes for a mouth watering result.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken Breast	400g	600g	800g
Chicken stock cube	1/2	2/3	1
Shallots	2	2	3
Carrots	2	3	4
Dates	4	6	8
Cinnamon stick	1	1	2
Cardamom pods	4	6	8
Ginger and garlic paste	20g	30g	40g
Ras el Hanout	4g	6g	8g
lemon	1	1	1
Honey	10g	15g	20g
Green Beans	200g	300g	400g
Boiling water	450ml	680ml	900ml



## 1 PREP

In a bowl mix the **ginger garlic paste** with grated **lemon zest**, a pinch of **salt**, **ras el hanout** spice mix, **honey** and a spoon of **olive oil**. Cut the **chicken** breast in cubes and mix with the marinade. You can marinate the chicken up to 24 hours in advance or just before cooking.



## 2 CLEAN AND CUT

Peel and cut the **shallots** in two. Clean the green **beans** by snapping off the ends. Boil **water** in a kettle.



## 3 FRY

In a pan, heat a spoon of **oil** at medium heat and fry the **chicken** for 3-4 minutes until slightly browned. Add the **shallots** and **carrots** and continue cooking for 3 more minutes.



## 4 BOIL

Now add the pitted and sliced **dates**, **cardamom pods**, **cinnamon stick** and **chicken stock cube** into the pan. Pour on enough boiling water to ensure that all the chicken is covered. Simmer for 20 minutes.



## 5 COOK THE BEANS

Meanwhile cook the green beans in lightly salted boiling water for 6-7 minutes. Drain and rinse with cold water.



## 6 SERVE

The stew is ready once the liquid has reduced and the **chicken** is tender. Serve the hot chicken stew with the green **beans**.

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