

GF Friendly

Moroccan Chicken

Moroccan-spiced fried chicken strips with vegetables

I'd noticed Moroccan spices in the supermarket, but never got around to buying a packet. So, using a selection of Googled recipes, I made my own combo from dried spices I already had. Like my other home-mixed combos, it worked well; and I now have some spare in a jar for future use. The meal can be as mild or spicy as you like, depending on the amount of spice used. This recipe calls for 2 teaspoons which suited us well. Interestingly, the flavour is different to many hot meals, and any bite doesn't come from chilli because there isn't any.

- 2 chicken breasts
- 2 sticks celery
- 1 large onion
- 1 green capsicum
- 2-3 button mushrooms
- 2 medium potatoes
- 3 medium tomatoes
- 2 carrots
- 1 tsp minced garlic
- 1 tsp minced ginger
- 3 Tbsps extra virgin olive oil
- 1 cup water
- 2 tps **Moroccan spice (see Handy Hints spices and dried herbs)**



Remove any fat from the chicken and slice into strips about 5cm x 1cm (2 x 3/8 inches). Cut the celery across the stalks into 1.5cm (1/2 inch) pieces. Coarsely chop the onion, capsicum, tomatoes, potatoes and mushrooms. Julienne the carrots. Par-boil the potatoes, carrots and celery until just softening.

In a wok or deep fry-pan, warm the garlic and 1 teaspoon of spices in 2 tablespoons of oil. Pop in all of the chicken and stir-fry on medium heat, tossing to coat with the spice. This should take about 8-10 minutes, at the end of which the meat will be cooked through. Leaving the juices in the pan, strain this onto a tray lined with baking paper and consign to the oven to keep warm.

Add 1 tablespoon of oil to the pan, plus 1 teaspoon each of spices and ginger and cook the onions and capsicum for 3-4 minutes. Drain the par-cooked vegetables and stir-fry with the remaining ingredients for 5 minutes on medium; then turn down the heat, stir in the water, cover and simmer for a further 15 minutes. Divide into warmed bowls and top with the chicken.

Ample for 4 large serves

only the chicken will freeze well

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