

## Chicken and sweet potato tagine

### Ingredients

- 1 tbs olive oil
- 4 chicken drumsticks and 4 chicken thighs
- 1 onion, chopped
- 1 clove garlic, chopped
- 2 carrots diced
- ½-1 red pepper chopped
- 1 med sweet potato, in 2cm chunks
- 1 tin chopped tomatoes
- ½ cup dried apricots, halved
- ½ cup red lentils
- ½ tsp ginger, ground coriander, oregano
- 1 tsp cumin, turmeric, garam masala
- 300mls vegetable stock
- Salt and pepper
- Coriander to serve



### Method

Sauté chicken for 5 mins. Set aside. In olive oil, sauté the onions, garlic, carrots, pepper for 5 minutes then add all the spices.

Add tinned tomatoes, apricots, stock and lentils. Cook for 5 minutes

Place vegetables in slow cooker then add rest of the ingredients.

Cook on high for 4-5 minutes (or longer on lower heat)

Serve with quinoa or wholegrain couscous, and a green vegetable or two