



Chicken and fennel tagine

1. Heat over medium heat 3 tbsp. olive oil.
2. Sweat 1 grated onion with some salt for 4-5 minutes, stirring occasionally.
3. Add **1 tbsp. Moroccan Spice Mix** and mix well.
4. Add 1 kg chicken thighs, coat them well in the onion and spices and cook with a lid on for 5 minutes.
5. Add 3-4 chopped garlic cloves and a tied bunch of fresh coriander (or parsley).
6. Pour 1 cup of water, cover again and cook for another 20 minutes.
7. Add the fennel bulbs, roughly chopped and some water and cook for 10-15 minutes.
8. Pour the juice of 1 lemon and 2 tbsp. preserved lemons (optional). If the sauce needs thickening, cook uncovered for a few minutes.
9. Remove the coriander/parsley bunch and serve with couscous.

Vegetable tagine

1. Roast 1 kg mixed vegetables (potatoes, cauliflower, broccoli, carrots, peppers) with some oil and salt in a preheated at 200°C oven.
2. Meanwhile, heat 6 tbsp. oil and sweat 2 finely chopped onions with some salt for about 10-15 minutes.
3. Add 3-4 chopped garlic cloves, **2 tbsp. Moroccan Spice Mix** and a bunch of finely chopped parsley. Mix well and cook for 1-2 minutes.
4. Pour 1 can of tomatoes (or 400g grated), 1 can of cooked chickpeas (220g) and the juice of 1 lemon. Cook for 10 minutes with the lid on.
5. Add the roasted vegetables to the pan with a handful of olives (optional) and mix well without breaking up the vegetables too much.
6. Serve sprinkled with finely chopped parsley and couscous.