



Chicken and Apricot Tagine

1-2 YEARS

RECIPE

PREP: 20 MINS

COOKING: 240 MINS

PORTION(S): 4

DINNER

Take your family on a flavoursome journey with this Chicken and Apricot Tagine. Loaded with sweet, tangy, and aromatic flavours, this chicken and couscous dish is sure to win the hearts and stomachs of both your little ones and the adults in the family!

Ingredients

2 tbsp olive oil

1 small onion (150g), chopped finely

2 garlic cloves, grated

1 cm piece fresh ginger (5g), grated

1 tbsp tomato paste

½ tsp turmeric

½ tsp ground cumin

½ tsp ground coriander

½ tsp ground cinnamon

1/2 cup (125mL) reduced salt chicken stock

1 x 400g can crushed tomatoes

500g chicken thighs, trimmed, chopped coarsely

1 x 400g can chickpeas, rinsed and drained

100g dried apricots, cut into slices or small diced pieces

1 large carrot (180g), peeled and chopped coarsely

Couscous, for serving

Fresh coriander leaves, to serve (optional)

Green olives, to serve for adults (optional)

2 scoops NAN Toddler Milk Drink powder (optional)

Step by step

Chicken and Apricot Tagine Recipe

1. In a medium saucepan, heat oil, sauté onion, garlic and ginger until the onion becomes translucent. Add tomato paste, turmeric, cumin, coriander, and cinnamon over low heat. Add chicken stock and tomatoes and cook for several minutes.
2. Place chicken into the base of a 4.5 litre-capacity slow cooker. Add chickpeas, apricots, carrots, and pour over the tomato mixture from the pan; stir to combine. Cover and cook on high for 3-4 hours, or low for 8 hours; or until the meat shreds easily with a fork.
3. Serve over couscous prepared as per directions on the pack, topped with fresh coriander and green olives for adults, if desired

Tips: Mash chickpeas with a fork for a toddler

Additional instructions for portioning and boosting nutrition

To enhance the nutritional value of the dish, you can add 2 scoops of NAN Toddler Milk Drink powder to one portion. It is important for food safety reasons not to add the powder to the entire dish. Instead, please follow these steps:

1. Portion out one serving of the prepared dish.
2. Add 2 scoops of NAN Toddler Milk Drink powder to the portioned dish and stir well to combine.

Store the remaining dish for up to 2 days in the fridge for later use and repeat, as above, if desired.