

Slow cooked Persian Chicken

Ingredients

Serves 4

- 750g (1 1/2lb) chicken thighs on the bone
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp turmeric
- 1 tbsp olive oil
- 1 onion, peeled and sliced into rings
- 25g (1oz) walnut halves
- 100g (3 1/2oz) dried dates
- 150ml (1/4pt) chicken stock
- 2 tbsp harissa paste
- 150g (5oz) natural yogurt
- steamed greens, to serve



Instructions:

1. Put the chicken thighs in a bowl and add the spices. Toss well to coat.
2. Heat the oil in a frying pan and sauté the onion for 2 minutes and then add the walnuts. Cook for another minute.
3. Add the chicken and then spoon in the sautéed onions and walnuts. Sprinkle over the dates and pour in the stock.
4. Cook for 4 1/2 – 5 hours on a low heat, until the chicken is cooked through (with no pink meat showing).
5. Meanwhile, stir the Harissa paste into the yogurt.
6. Serve the chicken on a bed of steamed greens such as kale with the spiced yogurt on the side