



MOROCCO

DINNER

PRINTABLE RECIPE PDF

Moroccan Chicken Tagine with Preserved Lemon and Olives

Tagine is a traditional Moroccan dish named after the earthenware pot it is cooked in. The use of preserved lemons and olives highlights the key flavors of Moroccan

PREP

15 min

COOK

60 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **2 pieces** chicken thighs - bone-in, skin-on for more flavor
- **1 medium** onion - finely chopped
- **2 cloves** garlic - minced
- **1 teaspoon** ground ginger - adds warmth and flavor
- **1 teaspoon** ground cumin - for earthiness
- **1 teaspoon** ground cinnamon - adds depth of flavor
- **1 teaspoon** turmeric - for color and health benefits
- **1/2 teaspoon** black pepper - freshly ground
- **1 cup** chicken broth - homemade or low-sodium
- **1 large** preserved lemon - rinsed and cut into quarters
- **1/2 cup** green olives - pitted and halved
- **2 tablespoons** olive oil - for cooking

WHY THIS WORKS

About this recipe

A printable Moroccan Chicken Tagine with Preserved Lemon and Olives recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tagine is a traditional Moroccan dish named after the earthenware pot it is cooked in. The use of preserved lemons and olives highlights the key flavors of Moroccan cuisine, showcasing the vibrant spices and ingredients that reflect

SHOPPING LIST

Ingredients continued

- 1 tablespoon fresh cilantro - chopped, for garnish

ORIGIN & TRADITION

Mediterranean context

Tagine is a traditional Moroccan dish named after the earthenware pot it is cooked in. The use of preserved lemons and olives highlights the key flavors of Moroccan cuisine, showcasing the vibrant spices and ingredients that reflect the country's rich culinary heritage.

METHOD

Step-by-step instructions

1

In a Tagine or large Dutch oven, heat the olive oil over medium heat. Add the chopped onions and cook until soft and translucent, about 5 minutes.

2

Add the minced garlic and cook for another minute until fragrant, ensuring not to burn it.

3

Season the chicken thighs with salt and add them to the pot, browning on all sides, about 5-7 minutes.

4

Stir in the ginger, cumin, cinnamon, turmeric, and black pepper, cooking for another 2 minutes to toast the spices.

5

Pour in the chicken broth, add the preserved lemon, and bring the mixture to a simmer. Cover and reduce the heat to low, cooking for about 40-45 minutes until the chicken is tender and cooked through.

6

Add the green olives in the last 10 minutes of cooking. Adjust seasoning to taste.

7

Once done, garnish with fresh chopped cilantro before serving.

CHEF'S TIP

For an aromatic experience, lightly toast the spices in the olive oil before adding the chicken to deepen their flavor.

NUTRITION PER SERVING (EST.)

Calories	400 kcal	Fat	26 g
Protein	28 g	Fiber	2 g
Carbohydrates	12 g	Sodium	600 mg

SERVING SUGGESTION

Serve tagine with warm couscous or crusty bread to soak up the sauce, along with a side of Moroccan salad for a complete meal.

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