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Recipe © Rosemary Conley Enterprises

TUNISIAN CHICKEN

Tunisian Chicken uses orange juice to give a tang to the rich spicy sauce. Vegetarians can substitute Quorn® or soya for the chicken.

Serves 4

Per serving: 280 calories, 3.8g fat (excluding accompaniments)

Prep time 10 mins

Cook time 40 mins

INGREDIENTS

1 large red onion, finely sliced
4 skinless chicken breasts, cut into strips
2 garlic cloves, chopped
1 tsp coriander seed
1 tsp ground cumin
1 tsp ground cinnamon
1/2 tsp cayenne pepper
6 cardamom pods, crushed with seeds removed
300ml (1/2 pint) chicken stock
2 tbsps plain flour
1 tbsp chopped fresh oregano
1 x 400g can chopped tomatoes
2 pieces orange peel
150ml (1/4 pint) orange juice
salt and freshly ground black pepper

METHOD

1. Preheat a non-stick frying pan. Dry-fry the onion for 2–3 minutes until soft. Add the chicken and garlic and cook briskly, turning the chicken regularly to seal on all sides.
2. Add the spices with 2 – 3 tbsps of stock and sprinkle the flour over. Mix well, 'cooking out' the flour for 1 minute.
3. Gradually mix in the remaining stock. Add the oregano, tomatoes, orange peel and juice. Cover and simmer gently for 20 minutes.
4. Season to taste and serve hot with couscous or rice.



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