

# Moroccan Chicken/Lamb Curry

Preparation Time: 10-20 minutes

Cook Time: 40 minutes for chicken, 1½ hours for lamb

Serves 4 - 6

## Spice Packet Contains:

Ground coriander, ground cumin, ground ginger, turmeric, ground cinnamon, almond meal, chili powder, salt, ground black pepper, ground nutmeg, cayenne pepper, *\*Extra packet of hot chili powder*

## You Will Need:

2 onions, chopped

3 cloves garlic, crushed

2 tablespoons cooking oil of your choice

2 - 3 lb. boneless chicken thighs or breasts cut into pieces or

2-3 lb. boneless lamb cut into small pieces

1½ cups chicken broth if using chicken, 2 cups chicken or beef broth if using lamb

½ cup dried dates, pitted and chopped

½ cup sliced almonds

¼ cup honey

Chopped, fresh cilantro to sprinkle on top

## Method:

In a 4-5 quart pot, cook the diced onions in the oil until translucent.

Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet and cook for another few seconds, stirring constantly.

Add the chicken or lamb pieces and mix until coated with the onion/garlic/spice mixture.

Add the broth, dates, almonds and honey and mix everything together.

Simmer (on lowest heat) in the sauce with the lid on, stirring occasionally for 40 minutes (chicken) or 1 ½ hours (lamb) or until the sauce has reduced to the desired thickness.

*\*Taste and add extra chili powder, a little at a time, if you like it hotter.*

*Tip: Begin cooking the rice while the dish simmers.*

Serve over Basmati rice topped with chopped, fresh cilantro and with a salad. Enjoy!