

MORROCAN CHICKEN AND FENNEL

Adapted from various recipes

Fennel, with its mild and unique liquorice flavour boasts phosphorus, calcium, sodium and potassium. Incorporate this dish into your home when organic fennels are in season to get the most nutrition and flavour.

Ingredients

- 1 ½ tsp paprika
- ¾ tsp ground cumin
- ¾ tsp ground coriander
- 2tbsp fresh turmeric chopped/ 1 tsp ground turmeric
- 2tbsp chopped fresh ginger/ ¾ tsp ground ginger
- 3 garlic cloves, chopped
- 1 big tsp of sea salt
- ½ tsp ground black pepper
- 800g of chicken strips or pieces or breasts
- Tallow, ghee, another high smoke cooking oil
- 3 cups of finely sliced fennel bulbs
- ½ cup finely chopped fennel leaves
- 2 red medium onions, chopped roughly
- 2 lemons, juice squeezed
- ½ cup chicken broth (or other)
- 3 tsp arrowroot flour
- 1 ½ tbsp spring water
- 12 olives, pitted, optional
- Handful of chopped fresh coriander leaves to garnish

Method:

1. Combine all the spices together and rub it into chicken strips.
2. Heat up frying pan and add in your choice of high smoke point oil. Add in chicken with spices. Stir fry for ten minutes (5 minutes each side if using breasts) or until cooked. Remove from the pan and set aside.
3. Add chopped fennel, onions and the fresh ginger and garlic and sauté until tender but not mushy. Add a little water if the pan is too dry.

4. Add the lemon juice, broth and salt and boil for a minute or two.
5. Dissolve the arrowroot flour with the COLD spring water. Add this to the frying pan. Stir and cook for a few minutes until it is thickened.
6. Add the cooked chicken, fennel leaves and olives (optional) and cook for a further couple of minutes.
7. Serve of your choice of cauliflower rice, broccoli rice, organic brown rice, or quinoa.
8. Garnish with chopped fresh coriander leaves.

Enjoy!