



Moroccan Inspired Chicken and Chickpea Stew with Harissa

Ingredients:

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| Neutral Oil | 2 Tablespoons |
| Onions, diced | 1 each |
| Carrots, diced | 1 medium |
| Red Pepper, diced | 1/2 cup |
| Garlic, minced | 2 cloves |
| Harissa Spice Blend | 2 Tablespoons |
| Turmeric | 1 teaspoon |
| Ground Cumin | 1 teaspoon |
| Crushed Red Pepper Flakes | ¼ teaspoon |
| Black Pepper | ½ teaspoon |
| Tomato Paste | 2 Tablespoons |
| Chicken Stock | 1.5 quarts |
| French Lentils | ½ cup |
| Butternut Squash, diced | ¼ of a large squash |
| Chicken Thigh, diced | ¾ lb |
| Capers, drained | 1 Tablespoon |
| Golden Raisins | ¼ cup |
| Malatya Apricots, small diced | ¼ cup |
| Chickpeas, drained | 1 can |
| Cilantro, finely chopped | ½ small bunch + more for garnish |
| Lemon, juiced | 1 each |
| Extra Virgin Olive Oil | drizzle to taste |
| Salt | season to taste |

Procedure:

1. Heat oil in 4 qt pot
2. Add onions and sauté until translucent.
3. Add carrots and red peppers and cook until starting to soften.
4. Add garlic, cook until fragrant.
5. Add harissa, turmeric, cumin, red pepper flakes, black pepper – cook 1 minute.
6. Add tomato paste – cook 1 minute.
7. Add chicken stock, heat to simmer.
8. Add lentils and simmer approximately 20 minutes until halfway cooked.
9. Add squash, chicken, capers, raisins, apricots and cook until squash and lentils are cooked through, and internal temperature of chicken has hit at least 165F.
10. Add chickpeas, cilantro, lemon juice olive oil, and salt to taste.
11. Serve warm and garnish with additional cilantro, a drizzle of extra virgin olive oil, and a dollop of yogurt.

Recipe courtesy of Kettle Cuisine, Lynn, Massachusetts