

Tajine with Chicken and Bulgur



Ingredients

1.5kg Ardo Vegetables for couscous
1.2kg Ardo Bulgur
10 chicken legs
200g green olives
0.5l chicken stock
Ras el Hanout
Chermoula
Lemon pepper
Smoked paprika
Yedi Baharat
Turmeric
100g pickled lemon
Lemon juice and zest of one lemon
200g dried apricots
Mint as a finishing touch

Preparation

Tajine, a classic Moroccan dish, is a staple in the food service and catering industry. This recipe for tajine with chicken and bulgur is sure to be a hit with your customers. The combination of tender chicken and hearty bulgur, along with a variety of spices and vegetables, makes this dish both flavorful and satisfying.

1. Season the chicken legs with the chermoula, ras el hanout, and smoked paprika. Brown them in the tagine or pan.
2. Add the vegetables for couscous along with the olives, dried apricot, and pickled lemon.
3. Pour over with the broth and continue cooking.
4. Warm the bulgur in a dash of olive oil, season with yedi baharat, turmeric, lemon juice and zest.
5. Serve the warm bulgur with the tagine, top with some mint and the fruit pepper lemon.

The spices used in this recipe such as Ras el Hanout, Chermoula, and Yedi Baharat, gives this tajine a unique and authentic Moroccan flavor. The bulgur adds a nice texture and brings more nutrition to the dish. The green olives and apricots add a nice touch of sweetness to balance out the savory flavors. The pickled lemon adds a nice tangy and sourness that makes this dish even more delicious. And the mint gives a fresh and herbal note that complements all the flavors together.

Allergens

Gluten

This recipe serves 10 people and it's perfect for a buffet at catering events and parties, as well as for restaurant menus. The dish can be made in advance and reheated just before serving. The tajine can be served with some additional lemon wedges, if desired.

In conclusion, this recipe for tajine with chicken and bulgur is a delicious and flavorful dish that is sure to please your customers. The combination of spices, vegetables, and meats make this dish a classic and satisfying meal that is perfect for the food service and catering industry.

