

# CHICKEN WITH ALMONDS, PRUNES AND SPICES

08

## RECIPES EN-ROUTE



## INGREDIENTS



1 PERSON

- 1 chicken thigh
- 15g toasted and chopped almonds
- 650ml chicken stock
- Olive oil
- 1/2 onion
- 1 clove of garlic
- 15g stoned prunes, chopped
- 1 tsp cinnamon coffee, cumin, ras el hanout
- 1 tablespoon honey
- 5 saffron strands
- Salt and black pepper

## STEPS TO FOLLOW

1

### Brown the chicken:

Season the chicken thigh. Fry in a pan with a good drizzle of olive oil.

2

### Sofrito:

Once browned on both sides, set aside the chicken and add the finely chopped onion and garlic to the same pan. Once softened, add the chopped almonds, prunes, spices, saffron and honey, and lightly fry. Add the chicken thigh and then the chicken stock.

3

### Simmer:

Leave the chicken to simmer and allow the stock to reduce. Season to taste and it's ready to eat.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

#TakeCareOf  
YOUR DIET  
EN-ROUTE

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