

Saffron and Honey Chicken Casserole with Orange & Ginger Sauce

Serves: 4-6

Preparation time: 10 minutes

Cooking time: 1 hour

Ingredients

30ml (2 tablespoons) olive oil
Salt and freshly cracked black pepper
1kg chicken pieces (thighs and legs)
1 red onion, finely diced
2 cloves of garlic, minced
4cm piece of ginger (1 tablespoon), grated
15ml (1 tablespoon) all-purpose flour
250ml (1 cup) chicken stock
1 red chilli, whole, cut lengthways
Peel of 1 orange
200ml freshly squeezed orange juice
15ml (1 tablespoon) lemon juice
A pinch of saffron steeped in 30ml hot water
15ml (1 tablespoon) honey
300g baby carrots
400g tin chickpeas, rinsed and drained
50g almond flakes, toasted
Fresh coriander, to finish

Method

Heat 1 tablespoon of oil in a Le Creuset 30cm Signature Buffet Casserole. Season the chicken with salt and pepper. Brown on both sides until golden. Remove and set aside.

Add the remaining oil to the pan and sauté the onion until softened, about 6-8 minutes. Stir in the garlic and ginger and cook for another minute. Scatter over the flour and mix to coat the onions. Slowly pour in the stock, constantly stirring until the sauce thickens. Add the chilli, orange peel and juice, lemon juice, saffron water, and honey.

Return the chicken to the pan, along with any resting juices. Cover and simmer for 25 minutes.

Add the carrots and cook for a further 20 minutes or until the carrots are tender and the chicken cooked through. Add the chickpeas and heat through, about 5 minutes. Adjust seasoning if needed.

To crisp the chicken skin, place under the grill for several minutes. Finish with almond flakes and fresh coriander.

