

Chicken with dates, almonds, pine-nuts and honey



Ingredients:

1 chicken cut into small pieces
olive oil
salt
2 onions
2 garlic cloves
2 tablespoons raw almonds

12 dates
1 bay leaf
1 tablespoon mixed spice (cinnamon,
pepper, nutmeg, cumin, turmeric,
ginger)
2 tablespoons honey

Preparation:

Season the chicken and fry until golden. Add the finely-sliced onion. When golden, add the garlic, followed by the spices, and cover with water. Cook over a low heat for 25 minutes. Add the almonds, dates and honey and cook for a further 10 minutes before serving.