

# Instant Pot – Moroccan Chicken Tagine with Green Olives, Peppers

This Moroccan inspired dish is a fusion between a Mediterranean Diet recipe and the flavors of New England. I have cooked this for thousands of people in my workshops and many have told me that I should bottle the sauce. It is the perfect blend of sweet and tangy, combining honey, molasses and Dijon mustard with Moroccan spices. You can cook this on the stove top, a Dutch oven or in a crock pot, but here we use an instant pot which cuts the cooking time in half and the instant pot chicken comes out even more tender than other cooking methods. Saute the chicken in olive oil (in the instant pot), add the rest of the ingredients, cook for 20 minutes and it is ready.

This is one of those dishes that is easy to make, but elegant. It can be served for almost any type of event from casual to fancy.

I serve this with a Greek salad and bread (to sop up the gravy). Enjoy!

## Ingredients

- 2 pounds chicken breast, cut into bite sized pieces
- 2 Tablespoons extra virgin olive oil
- 1 lemon, peeled and sliced very thin
- 2 cups green olives, with pits (or without if desired)
- 2 red peppers, cut into long, wide, strips
- 2 orange peppers, cut into long, wide strips
- 2 onions, cut into quarters
- 8 cloves garlic, chopped

## SAUCE:

- 2 Tablespoons tomato paste
- 1 Tablespoon honey
- 1 Tablespoon molasses
- 2 Tablespoons Dijon Mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Cumin
- ½ teaspoon Ginger
- 1 teaspoon Turmeric
- 1/2 teaspoon Cinnamon

## Instructions

1. Turn covered instant pot on saute while prepping the vegetables and chicken.
2. Add olive oil and chicken to instant pot and saute chicken until no longer pink. Add rest of ingredients including sauce. Stir well. Cover and re-set instant pot to manual at 20 minutes.



Servings : 6

Ready in : 40 Minutes

Course : Dinner, Lunch

Recipe Type : Gluten Free, Sunday

Dinner, Weight Loss

Ingredient : Chicken, Olives,  
Onions, Peppers

# Chicken Tagine with Peppers and Olives (Dutch Oven)



Servings : 8

Course : Dinner, Main Dish

Recipe Type : Gluten Free, Sunday  
Dinner, Weight Loss

Ingredient : Chicken, Olives, Peppers

## Ingredients

- 2 pounds chicken breast, cut into bite sized pieces
- 2 Tablespoons extra virgin olive oil
- 1 lemon, peeled and sliced very thin
- 3 cups green olives, with pits (or without if desired)
- 2 red peppers, cut into long, wide, strips
- 2 yellow peppers, cut into long, wide strips
- 2 orange peppers, cut into long, wide strips
- 3 onions, cut into quarters
- 8 cloves garlic, chopped
- 2 Tablespoons tomato paste
- 2 Tablespoons honey
- 2 Tablespoons molasses
- 2 Tablespoons Dijon Mustard
- 1/2 tsp each Salt and pepper, and then to taste
- 2 tsp Cumin
- 1/2 tsp Ginger
- 1 tsp Turmeric
- 1 tsp Cinnamon

## Instructions

### Dutch oven version:

- Preheat oven to 350 degrees F.
- In a bowl, stir together tomato paste, honey, molasses, Dijon mustard, and spices.
- On top of the stove, in a large Dutch oven (or covered cast iron), add olive oil and sauté chicken pieces until no longer raw on the outside.
- Add vegetables to chicken and then spice mixture. Stir well.
- Cover and put in Oven. Bake for 1 hour, stirring at half-way point.
- At 1 hour, stir and recover. Turn down temp to 300 degrees F and continue to cook for another hour.

### Crock Pot (slow cooker) version:

- In a skillet, sauté chicken in olive oil until no longer raw on the outside.
- Add all ingredients, including chicken and 1/4 cup water to slow cooker. Stir well.
- Cook on high for 4 hours and then on low for 2 hours, stirring occasionally.