



Apricot, Plum, and Chicken Tagine with Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups couscous hot cooked
- ☐ 0.5 cup apricots dried halved
- ☐ 0.5 cup plums dried pitted halved
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 teaspoon fennel seeds
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 20 kalamata olives pitted halved
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped 1 medium
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless halved

Equipment

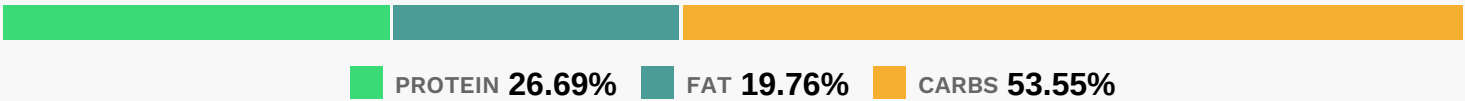
- ☐ frying pan
- ☐ dutch oven
- ☐ tajine pot

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken to pan; cook 3 minutes on each side or until browned.
- ☐ Place chicken on a plate, and keep warm.
- ☐ Add onion to pan; saut for 4 minutes or until golden.
- ☐ Add ginger and garlic; saut for 30 seconds. Stir in turmeric, cumin, fennel seeds, and cinnamon; saut for 15 seconds, stirring constantly. Return chicken to pan.
- ☐ Add apricots and the next 4 ingredients (through broth); bring to a boil. Cover, reduce heat, and simmer 30 minutes or until chicken is tender.
- ☐ Remove from heat; stir in cilantro and rind.
- ☐ Serve over couscous.
- ☐ Wine note: This dish tantalizes your tongue with its lush fruit textures and the balance between sweet and savory flavors. It needs a wine that is equally rich and complex, as well as one that can really hold up to the sweetness of the dried fruit. A ripe German riesling is an ideal partner, because it mirrors both the fruitiness and the voluptuous textures of the tagine.

An utterly gorgeous example is the Dr. Loosen rziger Wrzgarten Riesling Sptlese 2006 from the Mosel region, about \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:16.25, Inflammation Score:-10, Nutrition Score:13.765217428622%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 283.55kcal (14.18%), Fat: 6.33g (9.73%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 34.51g (12.55%), Sugar: 12.75g (14.17%), Cholesterol: 71.82mg (23.94%), Sodium: 747.28mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.23g (38.46%), Selenium: 40.92µg (58.46%), Vitamin B3: 6.04mg (30.2%), Vitamin B6: 0.5mg (24.8%), Phosphorus: 197.7mg (19.77%), Fiber: 4.07g (16.29%), Potassium: 555.29mg (15.87%), Vitamin B5: 1.44mg (14.44%), Manganese: 0.27mg (13.74%), Vitamin B2: 0.22mg (12.75%), Vitamin K: 12.66µg (12.06%), Vitamin A: 593.06IU (11.86%), Iron: 1.96mg (10.91%), Zinc: 1.58mg (10.54%), Magnesium: 41.07mg (10.27%), Vitamin B12: 0.62µg (10.27%), Copper: 0.21mg (10.27%), Vitamin B1: 0.15mg (10.18%), Vitamin E: 1.41mg (9.41%), Folate: 23.08µg (5.77%), Calcium: 49.92mg (4.99%), Vitamin C: 3.1mg (3.75%)