



## Braised Chicken and Rice with Orange, Saffron, Almond, and Pistachio Syrup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups rice
- 4 large strips. chopped
- 4 servings salt and pepper black
- 1 tablespoon granulated sugar
- 0.3 cup olive oil
- 2 medium onion minced peeled
- 1 large cranberry-orange relish organic

- 0.5 cup pistachios shelled chopped
- 2 teaspoons rosewater
- 1 large pinch saffron threads
- 0.5 cup blanched slivered almonds
- 4 cups water

## Equipment

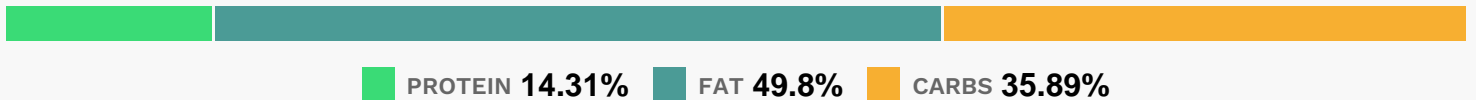
- frying pan
- oven
- pot
- sieve
- peeler

## Directions

- Rinse the rice in a sieve under cold running water until the water runs clear; put to one side.
- Heat the olive oil in a large, heavy-bottomed pot and throw in the onions. Cook over medium heat until they soften and turn golden. Season the chicken thighs and add them to the pan. Brown on all sides, then pour in 2 1/2 cups water and bring to a simmer. Cover with a lid and cook until the chicken is tender, about 20 minutes.
- Meanwhile, peel the zest from the orange with a potato peeler, then cut it into matchstick strips. Blanch in a small pan of boiling water for a couple of minutes, then drain.
- Dissolve the sugar in 1/2 cup (scant) water in a small, heavy-bottomed pan over medium heat, then bring to a boil and let bubble to reduce and thicken for 5 to 10 minutes until syrupy.
- Add the orange zest, slivered almonds, and pistachios and boil for 5 minutes, skimming off any froth. Strain the syrup and return to the pan; set aside the orange zest and nuts.
- Add the saffron and rose water to the syrup and boil again for 3 minutes, then add the cardamom seeds.
- Preheat the oven to 300 degrees F. Strain the stock from the chicken thighs and add the syrup to it. Make this up to 3 cups with more water. Bring it to a boil in an ovenproof casserole and add the rice. Season and add two-thirds of the orange zest and nuts, keeping the rest to one side. Bring back to a boil, then cover and simmer until the rice is cooked. The liquid should have all been absorbed by now.

- Bury the chicken and onions in the rice and add the fava beans and peas, if you are including them.
- Put the lid on and cook in the oven for 20 minutes.
- Serve straight from the pan or, if you prefer, in a large, warmed serving dish.
- Sprinkle the last third of the orange zest and nuts over the top before bringing it to the table.
- From Supper for a Song by Tamasin Day-Lewis. Text © 2009 Tamasin Day-Lewis; photography © 2009 James Merrell. Published by Rizzoli International Publications, Inc.

## Nutrition Facts



### Properties

Glycemic Index:72.19, Glycemic Load:38.93, Inflammation Score:-7, Nutrition Score:24.490869252578%

### Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

### Nutrients (% of daily need)

Calories: 841.29kcal (42.06%), Fat: 46.92g (72.18%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 76.06g (25.35%), Net Carbohydrates: 70.2g (25.53%), Sugar: 11.51g (12.79%), Cholesterol: 110.74mg (36.91%), Sodium: 301.34mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Manganese: 1.29mg (64.59%), Selenium: 33.64µg (48.06%), Vitamin B6: 0.87mg (43.6%), Phosphorus: 421.02mg (42.1%), Vitamin E: 5.91mg (39.41%), Vitamin B3: 7.22mg (36.12%), Vitamin C: 29.41mg (35.65%), Copper: 0.63mg (31.46%), Magnesium: 106.1mg (26.53%), Vitamin B1: 0.36mg (23.8%), Fiber: 5.86g (23.45%), Vitamin B5: 2.16mg (21.57%), Potassium: 722mg (20.63%), Zinc: 3.06mg (20.39%), Vitamin B2: 0.34mg (19.86%), Iron: 2.6mg (14.44%), Vitamin B12: 0.72µg (12.05%), Folate: 47.66µg (11.91%), Calcium: 114.92mg (11.49%), Vitamin K: 10.79µg (10.28%), Vitamin A: 257.56IU (5.15%)