



## Braised Chicken Thighs with Pearl Onions, Green Olives, Golden Raisins & Preserved Lemon

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 1 bunch flat parsley italian roughly chopped
- ☐ 1 cup flour all-purpose for dredging
- ☐ 6 clove garlic minced peeled
- ☐ 0.5 cup golden raisins

- ☐ 1 teaspoon kosher salt boiling as needed plus more for seasoning and )
- ☐ 2 tablespoon olive oil divided
- ☐ 0.5 cup castelvetrano olives green (or other olive)
- ☐ 2 cup orzo pasta
- ☐ 16 ounce pearl onions fresh
- ☐ 0.5 cup simple preserved lemons packed
- ☐ 4 servings salt & pepper to taste
- ☐ 1 teaspoon coriander seeds whole

## Equipment

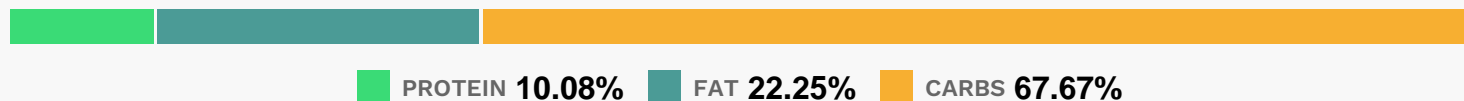
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Bring 2 quarts of water to a boil.
- ☐ Add the pearl onions and blanch just until the skins have loosened, about 1 minute.
- ☐ Drain. When cool enough to handle, cut off the root tip and pop the onions from their skins. Reserve. Rinse the chicken thighs under cool water and pat dry.
- ☐ Mix together the flour, salt, and pepper.
- ☐ Spread the flour mixture across a shallow dish. Lightly dredge the chicken thighs in the flour mixture, shaking off any excess. Warm the olive oil in a large heavy bottomed or cast iron Dutch oven over medium-high heat.
- ☐ Add four of the chicken thighs, and sear until a golden crust develops, 3 to 4 minutes. Turn and sear until a golden crust forms on second side, 3 to 4 minutes.
- ☐ Remove thighs to a plate and repeat with remaining chicken thighs. De-glaze the pan with the wine, scraping up any browned bits. Reduce the wine by half, about about 4 minutes.

- ☐ Add the chicken stock and bring to a boil over high heat. If the olives have pits, smash them with your palm and remove the pit. Then tear the meat into 2 or 3 pieces.
- ☐ Adding them and the reserved pearl onions and the raisins to the pot. Bring it back to a simmer and add all the chicken thighs in as close to a single layer as possible, skin side up. Cover with the lid and slowly simmer until the meat is falling away from bones, about 1 hour. While the chicken is cooking. Coarsely chop the preserved lemon and place it, along with parsley in a small bowl. Warm a small skillet over medium-low heat.
- ☐ Add the garlic, and stir continuously in the dry skillet until you see some of the garlic's oil released on the bottom of the pan and the garlic has a touch of golden color, 2 to 3 minutes. Do not allow the garlic to brown. Immediately spoon the garlic into lemon and parsley. Stir well to combine.
- ☐ Add 1 or 2 tablespoons olive oil to the garlic mixture to bind the ingredients together. The mixture should be moist but not wet.
- ☐ Add another teaspoon of olive oil, if needed. Reserve at room temperature until needed. For the orzo: In a large saucepan bring about 8 cups of water to a boil. Salt the water generously and add the orzo, and cook until al dente about 7 minutes.
- ☐ Drain well.
- ☐ Place the orzo in a bowl and add ¼ cup olive oil and the coriander seeds. Taste for seasoning.
- ☐ Add salt and pepper to taste. Stir in all but about 8 teaspoons of the preserved lemon garlic mixture. Saving the rest for garnish.
- ☐ Place the orzo onto a large serving platter, or divide between 4 plates.
- ☐ Place chicken thighs on top of the orzo and spoon on the sauce with the olives and raisins all over.
- ☐ Garnish with reserved lemon garlic and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:69.42, Glycemic Load:37.14, Inflammation Score:-9, Nutrition Score:22.473043358844%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg

Nutrients (% of daily need)

Calories: 504.2kcal (25.21%), Fat: 11.57g (17.8%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 79.19g (26.4%), Net Carbohydrates: 72.46g (26.35%), Sugar: 19.15g (21.28%), Cholesterol: 1.8mg (0.6%), Sodium: 1145.41mg (49.8%), Alcohol: 6.18g (100%), Alcohol %: 2.02% (100%), Protein: 11.8g (23.59%), Vitamin K: 239.8µg (228.38%), Selenium: 32.57µg (46.52%), Manganese: 0.87mg (43.5%), Vitamin C: 29.55mg (35.82%), Fiber: 7.18g (28.71%), Folate: 110.58µg (27.64%), Vitamin A: 1271.21IU (25.42%), Vitamin B1: 0.38mg (25.06%), Iron: 3.86mg (21.45%), Vitamin B3: 3.98mg (19.88%), Vitamin B6: 0.39mg (19.57%), Phosphorus: 189.05mg (18.9%), Vitamin B2: 0.32mg (18.77%), Potassium: 617.35mg (17.64%), Copper: 0.34mg (16.85%), Magnesium: 60.63mg (15.16%), Vitamin E: 1.88mg (12.5%), Calcium: 94.56mg (9.46%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.55mg (5.46%)