

DINNER

Chicken Tagine

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	10 min	45 min	4	\$2.04	587 kcal



If you have about 55 minutes to spend in the kitchen, Chicken Tagine might be an awesome gluten free, dairy free, paleolithic, and primal recipe to try. One serving contains 587 calories, 37g of protein, and 45g of fat. This recipe serves 4 and costs \$2.04 per serving.

Ingredients

- ☐ 1 chicken, cut into 8 pieces
- ☐ 4 garlic cloves, chopped
- ☐ 2 teaspoons ground ginger
- ☐ ¼ cup olive oil, divided
- ☐ 2 fresh parsley sprigs
- ☐ 2 to 4 wedges Preserved Lemons, cut into thin strips
- ☐ 2 fresh cilantro sprigs
- ☐ 1 teaspoon ground cinnamon
- ☐ ½ cup pitted Moroccan purple or kalamata olives
- ☐ 2 onions, halved and sliced
- ☐ ½ teaspoon freshly ground pepper
- ☐ 1 pinch Pinch of saffron threads

☐ ½ teaspoon salt

☐ 1 teaspoon turmeric

EQUIPMENT Dutch oven, Tajine pot

Method

- 1 Combine first 3 ingredients.
- 2 Sprinkle evenly on chicken; cover and chill until ready to cook.
- 3 Heat 2 tablespoons olive oil in a large tagine or Dutch oven over medium-high heat. Brown chicken, in 2 batches, adding more oil if necessary. Return all chicken pieces to tagine, and top with onion and next 5 ingredients.
- 4 Combine saffron and 3/4 cup water; pour over chicken. Bring to a boil. Reduce heat, cover, and simmer 30 minutes or until chicken is done, stirring halfway through cooking time.
- 5 Stir in olives and Preserved Lemons; cook 5 minutes or until heated.
- 6 Serve with hot cooked couscous, if desired.

Nutrition per serving

587
KCAL

37 g
PROTEIN

45 g
FAT

8 g
CARBS

Saturated Fat	10.5 g · 66% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	2.5 g · 3% of daily needs
Sodium	692 mg · 30% of daily needs
Cholesterol	143 mg · 48% of daily needs
Vitamin C	9.2 mg · 11% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-tagine-142863