



## Chicken Tagine with Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 pounds chicken cut into 8 pieces
- ☐ 1 cup 3%-less-sodium low-sodium canned
- ☐ 1.5 cups chicken stock see
- ☐ 1 inch cinnamon sticks
- ☐ 15 cipollini onions peeled
- ☐ 1.5 cups couscous
- ☐ 0.3 cup flat parsley chopped
- ☐ 2 garlic clove peeled thinly sliced

- ☐ 0.5 inch ginger finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon turmeric
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup olives pitted
- ☐ 0.5 simple preserved lemons seeded chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon saffron threads

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ tajine pot

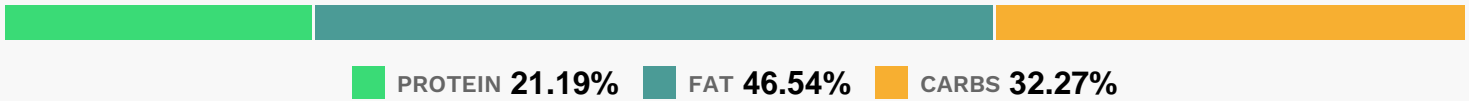
## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Place a tagine or heavy-bottom cast-iron pot over medium-heat heat with the olive oil. Season the chicken liberally with salt and pepper. Working in batches, sear the chicken in the pot until deep golden brown on all sides, 5 to 6 minutes total. Reserve seared chicken on a plate.
- ☐ Add the onions to the pot and cook, stirring occasionally, until light golden brown, 3 to 4 minutes.
- ☐ Add the garlic and ginger to the pot and continue cooking, until aromatic, about 2 minutes.
- ☐ Add the stock, cumin, and saffron to the pot, and bring the liquid to a boil. Return the chicken to the pot along with any juices that accumulated while it rested.
- ☐ Cover the tagine or pot with a tight-fitting lid and bake until the chicken has cooked through, about 15 minutes (or, the chicken can be simmered over medium-low heat on the stovetop

for the same amount of time until cooked through).

- ☐ When the chicken has cooked through, add the olives, parsley, and lemons to the pot. Reserve warm over low heat until ready to serve.
- ☐ Preheat the oven to 350°F.
- ☐ Place dry couscous on a sheet pan and toast until pale golden brown and aromatic, about 15 minutes. Set aside.
- ☐ In a medium pot over high heat, bring the chicken stock, cinnamon, turmeric, and red pepper to a boil.
- ☐ Add the couscous, stir to combine, and cover with a tight-fitting lid.
- ☐ Remove the pot from the heat and let rest for 10 minutes.
- ☐ Fluff the couscous with a fork.
- ☐ Remove and discard the cinnamon stick.
- ☐ Serve warm with the prepared tagine.

## Nutrition Facts



## Properties

Glycemic Index:47.67, Glycemic Load:22.06, Inflammation Score:-8, Nutrition Score:17.40565236755%

## Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

## Nutrients (% of daily need)

Calories: 555.78kcal (27.79%), Fat: 28.55g (43.93%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 40.43g (14.7%), Sugar: 4.3g (4.78%), Cholesterol: 83.45mg (27.82%), Sodium: 360.46mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Vitamin B3: 10.59mg (52.95%), Vitamin K: 48.98µg (46.65%), Vitamin B6: 0.58mg (29.17%), Phosphorus: 289.34mg (28.93%), Manganese: 0.54mg (26.95%), Selenium: 17.67µg (25.24%), Fiber: 4.12g (16.49%), Vitamin B5: 1.64mg (16.43%), Vitamin B2: 0.25mg (14.96%), Potassium: 520.78mg (14.88%), Vitamin E: 2.16mg (14.37%), Zinc: 2.11mg (14.05%), Magnesium: 55.87mg (13.97%), Vitamin C: 11.14mg (13.5%), Copper: 0.27mg (13.42%), Vitamin B1: 0.2mg (13.37%),

Iron: 2.39mg (13.27%), Folate: 36.78µg (9.2%), Vitamin A: 440.61IU (8.81%), Vitamin B12: 0.38µg (6.28%), Calcium: 59.92mg (5.99%), Vitamin D: 0.22µg (1.45%)