



Chicken Tagine with Green Olives and Preserved Lemon

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon peppercorns whole black
- 3.5 pound meat from a rotisserie chicken free-range cut into 10 pieces
- 1 cup chicken stock see
- 2 cups chicken stock see hot
- 1 cinnamon sticks
- 1.5 cups couscous

- 1 teaspoon cumin seeds
- 10 apricots dried chopped
- 1 handful cilantro leaves fresh chopped
- 1 teaspoon ginger fresh chopped
- 2 tablespoons parsley leaves fresh chopped for garnish
- 4 cloves garlic sliced
- 1 juice of orange juiced
- 2 cups kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 6 to 8 lemons
- 2 tablespoons olive oil extra-virgin
- 3 tablespoons olive oil for frying extra-virgin plus more
- 0.5 cup cracked olives green
- 1 medium onion coarsely chopped
- 1 teaspoon pepper flakes red
- 1 large pinch saffron threads
- 2 scallions green sliced thin
- 1 teaspoon paprika sweet hot

Equipment

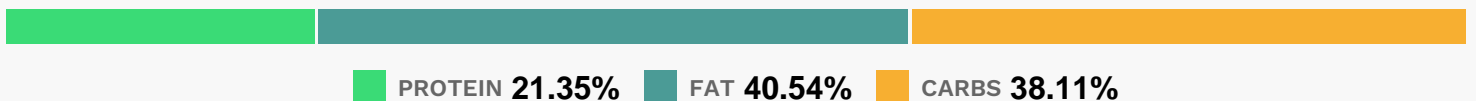
- bowl
- frying pan
- tajine pot

Directions

- In a skillet over medium heat, toast the cinnamon, peppercorns, cumin, paprika, red pepper flakes, and cloves until they start to smoke.
- Remove from the heat and grind in a spice grinder.

- In a bowl large enough to accommodate the chicken, add the oil, spice mix, garlic, ginger, cilantro, bay leaves and saffron.
- Mix to a paste.
- Add chicken, rubbing the marinade over all the pieces. Cover and refrigerate for 2 hours or overnight.
- Remove the chicken from the marinade and reserve marinade. Pat chicken dry and season with salt and pepper. In a tagine or large casserole over medium high heat add 2 tablespoons olive oil. Put in chicken pieces and lightly brown on both sides, about 5 minutes.
- Add onions and cook until just starting to brown, about 3 minutes. Rinse preserved lemon well. Scoop out flesh and discard; cut peel into strips and add to pan.
- Add reserved marinade, olives, and chicken stock. Cover tightly and cook over medium low heat for 30 to 35 minutes, or until chicken is cooked through.
- Remove bay leaf and discard. Taste juices and adjust seasoning.
- Place chicken on a warm platter. Spoon juices with the preserved lemon, olives, and onions over chicken and serve accompanied by Couscous with Apricots.
- Wash lemons well and dry them.
- Cut 4 lemons into quarters from the top, being careful not to cut all the way through. Pack salt generously into the cuts and place lemon into a sterilized glass pint jar. Continue procedure, packing the lemons into the jar as tightly as possible. Squeeze juice from remaining lemons.
- Add another 2 tablespoons of salt to the jar and top off with the lemon juice, make sure the lemons are completely covered. Close the jar with a non-metallic lid and set aside in a cool, dark place or the refrigerator for one month. Preserved lemons will keep for 1 year. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:25.93, Inflammation Score:-8, Nutrition Score:26.099565174269%

Flavonoids

Eriodictyol: 23.09mg, Eriodictyol: 23.09mg, Eriodictyol: 23.09mg, Eriodictyol: 23.09mg Hesperetin: 31.33mg, Hesperetin: 31.33mg, Hesperetin: 31.33mg, Hesperetin: 31.33mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 636.06kcal (31.8%), Fat: 29.3g (45.07%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 54.1g (19.67%), Sugar: 13.61g (15.13%), Cholesterol: 98.85mg (32.95%), Sodium: 38177.8mg (1659.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Vitamin C: 69.42mg (84.15%), Vitamin B3: 12.75mg (63.76%), Manganese: 0.83mg (41.43%), Vitamin K: 40.88µg (38.94%), Vitamin B6: 0.75mg (37.49%), Phosphorus: 338.04mg (33.8%), Selenium: 22.44µg (32.06%), Fiber: 7.88g (31.5%), Potassium: 866.15mg (24.75%), Vitamin A: 1223.28IU (24.47%), Iron: 4.02mg (22.32%), Vitamin B5: 2.06mg (20.61%), Copper: 0.41mg (20.4%), Vitamin B2: 0.35mg (20.38%), Vitamin E: 2.77mg (18.5%), Magnesium: 73.71mg (18.43%), Vitamin B1: 0.27mg (17.78%), Zinc: 2.57mg (17.13%), Calcium: 121.58mg (12.16%), Folate: 47.94µg (11.98%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.25µg (1.69%)