



Chicken Tagine with Pine-nut Couscous

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 chicken thighs bone-in with skin)
- ☐ 2 cardamom pods crushed
- ☐ 1.5 cups couscous
- ☐ 15 apricot dried halved
- ☐ 5 parsley fresh minced
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 large garlic clove minced

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon turmeric
- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 15 prune- cut to pieces pitted halved
- ☐ 2 small chilies dried red such as arbol
- ☐ 1 teaspoon salt

Equipment

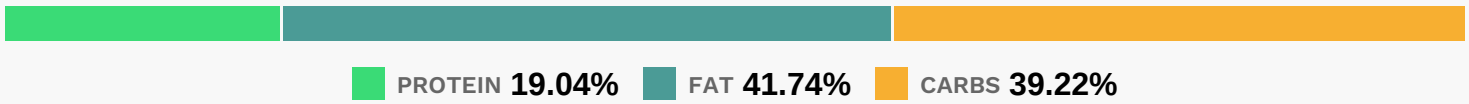
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in a 6- to 8-qt. heavy-bottomed pot over medium-high heat.
- ☐ Add half the chicken, skin side down, and cook until golden brown, 5 to 7 minutes. Turn over and cook 3 minutes more.
- ☐ Transfer to a plate; repeat with remaining chicken and set aside.
- ☐ Drain all but 2 tbsp. oil from pot and reduce heat to medium.
- ☐ Add onion and saut until golden, 5 to 7 minutes.
- ☐ Add garlic and ginger and cook, stirring constantly, for 3 minutes.
- ☐ Add cinnamon, turmeric, coriander, black pepper, cardamom pods, chiles, and salt and stir to combine. Return chicken to pot and add apricots, prunes, 2 cups chicken broth, and parsley sprigs. Bring mixture to a boil, then reduce heat to medium-low. Cover and simmer 40 minutes. Take pot off heat and remove parsley sprigs and chiles.
- ☐ Remove skin from chicken.

- ☐
- In a covered medium saucepan, bring remaining 2 cups chicken broth to a boil. Turn off heat, stir in couscous, cover, and let sit 5 minutes. Uncover pan and fluff couscous with a fork. Stir in 2 tbsp. minced parsley, pine nuts, and lemon zest and toss to combine. Mound couscous on a platter. Top with chicken thighs and pour sauce over the chicken.
- ☐
- Sprinkle with remaining 2 tbsp. parsley.

Nutrition Facts



Properties

Glycemic Index:46.4, Glycemic Load:29.53, Inflammation Score:-10, Nutrition Score:25.082608759403%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 723.08kcal (36.15%), Fat: 34.17g (52.56%), Saturated Fat: 7.8g (48.74%), Carbohydrates: 72.22g (24.07%), Net Carbohydrates: 64.94g (23.61%), Sugar: 23.02g (25.58%), Cholesterol: 141.61mg (47.2%), Sodium: 556.75mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.14%), Manganese: 1.37mg (68.7%), Vitamin B3: 11.76mg (58.79%), Phosphorus: 436.33mg (43.63%), Selenium: 28.26µg (40.37%), Vitamin B6: 0.75mg (37.29%), Vitamin K: 38.75µg (36.91%), Potassium: 1073.67mg (30.68%), Fiber: 7.28g (29.13%), Copper: 0.52mg (25.78%), Vitamin B5: 2.32mg (23.2%), Vitamin A: 1147.59IU (22.95%), Magnesium: 89.4mg (22.35%), Vitamin B2: 0.37mg (21.71%), Zinc: 3.09mg (20.6%), Iron: 3.41mg (18.94%), Vitamin B12: 1.08µg (18.04%), Vitamin E: 2.52mg (16.8%), Vitamin B1: 0.25mg (16.42%), Vitamin C: 6.92mg (8.39%), Calcium: 78.15mg (7.82%), Folate: 29.78µg (7.44%)