



Chicken Tagine with Raisins and Pistachios

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.5 cups couscous
- 1 cup fat-skimmed beef broth
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup mint leaves fresh finely chopped
- 1 tablespoon garlic minced
- 0.3 cup golden raisins
- 0.5 teaspoon ground cinnamon

- 2 teaspoons ground cumin
- 2 teaspoons ground ginger
- 0.5 teaspoon turmeric dried
- 1 tablespoon olive oil
- 2 onion peeled (1 lb. total)
- 0.5 teaspoon paprika
- 4 servings bell pepper
- 2 simple preserved lemons drained quartered (optional; see notes)
- 0.3 cup raisins dark
- 0.3 cup roasted salted shelled
- 0.5 teaspoon salt
- 4 chicken breast halves ()

Equipment

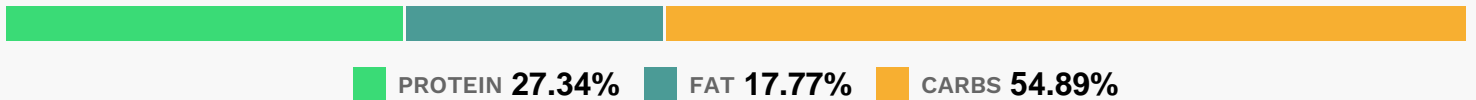
- bowl
- frying pan
- slotted spoon
- tajine pot

Directions

- Rinse chicken and pat dry; cut into 1 1/2- to 2-inch pieces.
- Pour olive oil into a 10- to 12-inch frying pan over medium-high heat; when hot, add chicken and turn pieces often to brown on all sides, 5 to 8 minutes total. With a slotted spoon, transfer chicken to a bowl.
- Add butter to pan; when melted, add onions and garlic and stir often until onions are limp and beginning to brown, 5 to 7 minutes. Return chicken to pan and spread level.
- Sprinkle cumin, ginger, cinnamon, turmeric, paprika, 1/2 teaspoon salt, dark and golden raisins, and pistachios over chicken.
- Add preserved lemons if using.

- Pour 1 cup broth evenly over all. Cover and bring to a boil, then reduce heat and simmer, stirring occasionally, until chicken is no longer pink in the center (cut to test), 5 to 6 minutes.
- Meanwhile, in a 3- to 4-quart pan over high heat, bring 1 1/2 cups water to a boil; stir in couscous and return to a boil. Cover pan, remove from heat, and let stand until water is absorbed, about 5 minutes. Fluff couscous with a fork and stir in mint.
- Scoop couscous equally onto dinner plates or into wide bowls. If chicken tagine is drier than desired, thin with more broth. Spoon over couscous and sprinkle with cilantro.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:82.87, Glycemic Load:40.53, Inflammation Score:-10, Nutrition Score:32.15086953018%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 560.84kcal (28.04%), Fat: 11.09g (17.07%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 69.53g (25.28%), Sugar: 11.05g (12.28%), Cholesterol: 81.64mg (27.21%), Sodium: 713.4mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.77%), Vitamin C: 103.52mg (125.48%), Vitamin B3: 16.47mg (82.36%), Vitamin B6: 1.42mg (70.88%), Manganese: 1.24mg (62.09%), Selenium: 42.91µg (61.3%), Vitamin A: 2816.8IU (56.34%), Phosphorus: 454.32mg (45.43%), Fiber: 7.56g (30.24%), Potassium: 1052.95mg (30.08%), Vitamin B5: 2.96mg (29.57%), Magnesium: 92.67mg (23.17%), Vitamin B1: 0.34mg (22.62%), Vitamin B2: 0.34mg (19.79%), Iron: 3.37mg (18.7%), Copper: 0.34mg (16.99%), Folate: 67.71µg (16.93%), Vitamin E: 2.19mg (14.61%), Zinc: 1.97mg (13.12%), Vitamin K: 10.03µg (9.55%), Calcium: 75.81mg (7.58%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 0.17µg (1.15%)