



Chicken Tagine with Spring Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 medium artichokes trimmed to 1/2 inch
- ☐ 1.5 pounds carrots peeled cut into 1-inch lengths
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 fennel bulbs fresh trimmed quartered
- ☐ 8 tablespoons optional: dill fresh chopped
- ☐ 8 tablespoons mint leaves fresh chopped
- ☐ 8 tablespoons parsley fresh chopped
- ☐ 8 large garlic cloves chopped

- ☐ 1 tablespoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground ginger
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 1 optional: lemon halved
- ☐ 3 tablespoons lemon zest packed grated ()
- ☐ 4 cups low-salt chicken broth
- ☐ 0.5 cup olive oil ()
- ☐ 1 pound onions chopped
- ☐ 4 pounds chicken thighs boneless skinless trimmed

Equipment

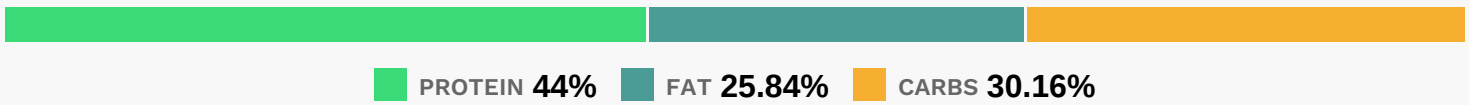
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ tajine pot

Directions

- ☐ Fill large bowl with water; squeeze in juice from lemon. Working with 1 artichoke at a time, break off enough outer leaves to expose pale green leaves. Trim dark green areas off stem and base. Quarter artichoke lengthwise; trim artichoke quarters to 1 1/2-inch lengths. Scrape out choke; drop quarters into lemon water.
- ☐ Heat 1/4 cup oil in heavy large skillet over medium-high heat.
- ☐ Add onions and sauté until translucent, about 5 minutes.
- ☐ Add next 7 ingredients and 6 tablespoons each parsley, dill, and mint; sauté 3 minutes longer. Scrape contents of skillet into heavy large pot; reserve skillet.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat 2 tablespoons oil in same skillet over medium-high heat.
- ☐ Add 1/3 of chicken and sauté until golden, about 3 minutes per side.

- ☐ Transfer to pot with onion mixture. Repeat with remaining chicken in 2 more batches, adding more oil by tablespoonfuls if needed.
- ☐ Add broth to skillet; bring to boil, scraping up browned bits.
- ☐ Transfer broth to pot; add fennel and carrots.
- ☐ Drain artichokes and add to pot.
- ☐ Bring tagine to boil. Cover, reduce heat to medium-low, and simmer until chicken is almost tender, about 20 minutes. Uncover and simmer until chicken and all vegetables are tender, about 15 minutes longer. Using slotted spoon, transfer chicken and vegetables to large bowl. Boil sauce until reduced enough to coat spoon, about 10 minutes. Season with salt and pepper. Return chicken and vegetables to sauce. (Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated.)
- ☐ Rewarm tagine over medium heat.
- ☐ Transfer to large bowl.
- ☐ Sprinkle with 2 tablespoons each of parsley, dill, and mint.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:7.67, Inflammation Score:-10, Nutrition Score:45.02913064542%

Flavonoids

Eriodictyol: 5.38mg, Eriodictyol: 5.38mg, Eriodictyol: 5.38mg, Eriodictyol: 5.38mg Hesperetin: 4.27mg, Hesperetin: 4.27mg, Hesperetin: 4.27mg, Hesperetin: 4.27mg Naringenin: 12.07mg, Naringenin: 12.07mg, Naringenin: 12.07mg, Naringenin: 12.07mg Apigenin: 16.09mg, Apigenin: 16.09mg, Apigenin: 16.09mg, Apigenin: 16.09mg Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg

Nutrients (% of daily need)

Calories: 463.2kcal (23.16%), Fat: 13.74g (21.14%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 23.06g (8.39%), Sugar: 11.56g (12.85%), Cholesterol: 215.46mg (71.82%), Sodium: 440.38mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.63g (105.26%), Vitamin A: 15255.59IU (305.11%), Vitamin K: 155.1µg (147.71%), Vitamin B3: 17.06mg (85.3%), Selenium: 53.36µg (76.23%), Vitamin B6: 1.44mg (71.9%),

Phosphorus: 656.06mg (65.61%), Vitamin C: 49.43mg (59.92%), Potassium: 1850.63mg (52.88%), Fiber: 13.02g (52.06%), Manganese: 0.93mg (46.37%), Magnesium: 155.35mg (38.84%), Vitamin B2: 0.63mg (37.03%), Vitamin B5: 3.65mg (36.51%), Folate: 139.62µg (34.91%), Zinc: 4.75mg (31.64%), Iron: 5.53mg (30.75%), Copper: 0.58mg (29.06%), Vitamin B12: 1.57µg (26.16%), Vitamin B1: 0.39mg (26.04%), Calcium: 191.55mg (19.15%), Vitamin E: 2.3mg (15.31%)