



Chicken Tajine With Preserved Lemon and Olives

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 1 bunch cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh with stems and leaves)) chopped
- 1 tablespoon ginger fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 garlic clove halved
- 150 g olive green pitted

- 1 tablespoon ground cumin
- 1 teaspoon pepper black
- 0.5 cup olive oil
- 1 onion
- 1 onion sliced
- 2 onion quartered
- 2 large potatoes cut into wedges
- 0.5 simple preserved lemons rinsed
- 1 simple preserved lemons cut into 6 segments
- 0.5 to 5 chilies red
- 1 skin-on chicken drumsticks (with bones) cut into 8 pieces (size 10 or 12) or 8 chicken drumsticks or 8 chicken thighs (
- 0.5 teaspoon saffron threads
- 1 pinch salt
- 1 tablespoon paprika sweet
- 1 tomatoes
- 1 tomatoes sliced
- 0.3 cup saffron threads (to soak saffron)
- 1 cup water

Equipment

- food processor
- bowl
- tajine pot

Directions

- Chermoula Marinade: In a small bowl add saffron threads in water and allow to soak for a few minutes. In a food processor add all the 'Chermoula marinade' ingredients and combine until it forms a paste. Cover and allow 'Chermoula marinade' to stand for 30 minutes before using. (Chermoula marinade can be stored in the refrigerator for up to seven days). Wash and dry

the chicken, then rub all over with half of the chermoula marinade and refrigerate overnight or for at least two hours. After marinating, cut tomato and onion into thin wedges and combine a little more chermoula marinade. Then spread the tomato and onion into the base of the tajine.

- Place the chicken pieces on top of tomato and onion mixture arranging them in the centre of the tajine. Coat potato wedges with the chermoula marinade and arrange the potatoes around chicken. Top the chicken with onion slices, then tomato slices and olives in between the potato wedges.
- Mix chopped coriander/cilantro with remaining chermoula marinade and water (you made add less water, it depends how much your tajine could hold).
- Pour mixture on top of tomatoes and onions. Top with preserved lemon wedges then cover tajine with lid. Cook on a very low gas heat for 45 minutes. Do not stir or lift the lid during the cooking process.
- Serve with suggested couscous.

Nutrition Facts

 **PROTEIN 11.27%**  **FAT 31.85%**  **CARBS 56.88%**

Properties

Glycemic Index:154.69, Glycemic Load:33.39, Inflammation Score:-10, Nutrition Score:29.038695755212%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 32.69mg, Kaempferol: 32.69mg, Kaempferol: 32.69mg, Kaempferol: 32.69mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 25.17mg, Quercetin: 25.17mg, Quercetin: 25.17mg, Quercetin: 25.17mg

Nutrients (% of daily need)

Calories: 394.41kcal (19.72%), Fat: 14.81g (22.79%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 49.84g (18.12%), Sugar: 8.53g (9.48%), Cholesterol: 17.41mg (5.8%), Sodium: 664.83mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Manganese: 4.9mg (244.98%), Vitamin C: 76.92mg (93.23%), Vitamin K: 55.79µg (53.14%), Vitamin B6: 1.05mg (52.53%), Potassium: 1523.81mg (43.54%), Vitamin A: 2010.15IU (40.2%), Fiber: 9.69g (38.74%), Iron: 5.5mg (30.58%), Magnesium: 121.29mg (30.32%), Phosphorus: 243.39mg (24.34%), Copper: 0.45mg (22.45%), Vitamin E: 3.29mg (21.96%), Folate: 82.22µg (20.55%), Vitamin B3: 4.05mg (20.27%), Vitamin B1: 0.29mg (19.17%), Vitamin B2: 0.21mg (12.61%), Calcium: 121.87mg (12.19%), Zinc: 1.6mg (10.65%), Vitamin B5: 1.04mg (10.36%), Selenium: 6.43µg (9.19%), Vitamin B12: 0.1µg (1.74%)