



Citrus-spiked chicken with roasted red onions

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 1 cranberry-orange relish
- ☐ 1 optional: lemon
- ☐ 4 tbsp jam fine
- ☐ 2 tbsp olive oil
- ☐ 4 fillet chicken breast boneless
- ☐ 1 small bunch thyme sprigs fresh
- ☐ 3 medium onion red peeled cut into thin wedges
- ☐ 200 g couscous

☐ 1 tbsp parsley fresh chopped

Equipment

☐ bowl

☐ oven

Directions

- ☐ Preheat the oven to 200C/Gas 6/fan oven 180C.
- ☐ Cut the orange and lemon in halves and squeeze juice from one half of each fruit into a small bowl.
- ☐ Mix in the marmalade and 1 tablespoon of the olive oil. Season well and set aside.
- ☐ Cut 3-4 diagonal slashes in each chicken breast, then stuff a sprig of thyme in each slash. Put chicken and onion into a large gratin dish or roasting tin.
- ☐ Cut the remaining orange and lemon halves into thin wedges, arrange around the chicken and onion and spoon marmalade mixture over the top. Scatter over a few more thyme sprigs and season with black pepper. (You can prepare up to this point a couple of hours ahead, and keep in the fridge covered in cling film.)
- ☐ Bake for 30-35 minutes until golden and cooked through. Ten minutes before you are ready to serve, prepare the couscous according to the packet instructions, then stir in remaining olive oil and chopped parsley.
- ☐ Put a chicken breast on each plate, surround with the onion and fruit wedges and spoon juices over.
- ☐ Serve the couscous in a bowl, for people to help themselves.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:34.51, Inflammation Score:-9, Nutrition Score:10.949999924911%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg, Quercetin: 17.21mg

Nutrients (% of daily need)

Calories: 364.19kcal (18.21%), Fat: 7.59g (11.67%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 61.05g (22.2%), Sugar: 16.94g (18.83%), Cholesterol: 0.64mg (0.21%), Sodium: 17.16mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Vitamin C: 42.47mg (51.48%), Manganese: 0.54mg (26.98%), Fiber: 5.84g (23.34%), Vitamin K: 20.13µg (19.17%), Phosphorus: 125.34mg (12.53%), Vitamin B1: 0.16mg (10.93%), Folate: 42.6µg (10.65%), Vitamin B6: 0.21mg (10.55%), Vitamin B3: 2.1mg (10.51%), Copper: 0.21mg (10.38%), Magnesium: 38.82mg (9.7%), Potassium: 330.51mg (9.44%), Vitamin B5: 0.88mg (8.82%), Vitamin E: 1.16mg (7.71%), Iron: 1.28mg (7.12%), Calcium: 60.58mg (6.06%), Vitamin B2: 0.1mg (5.98%), Zinc: 0.64mg (4.27%), Vitamin A: 209.12IU (4.18%), Selenium: 1.41µg (2.01%)