



Crispy Chicken Leg Confit with Couscous and Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots minced
- ☐ 60 ounces .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 1 cup couscous
- ☐ 3.5 tablespoons thyme sprigs fresh
- ☐ 3 garlic minced
- ☐ 0.3 cup olive green chopped
- ☐ 1.5 teaspoons ground allspice

- ☐ 1.5 teaspoons fennel powder
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons mint leaves chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 cups olive oil pure
- ☐ 6 servings pepper freshly ground
- ☐ 0.5 onion red minced
- ☐ 6 servings salt
- ☐ 1 cup water

Equipment

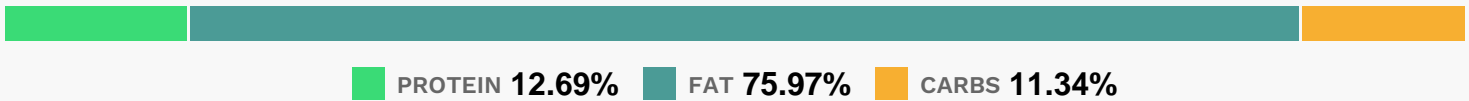
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tongs

Directions

- ☐ In a small bowl, combine 3 tablespoons of the thyme with 1 1/2 teaspoons of salt and the garlic, fennel and allspice.
- ☐ Sprinkle the mixture all over the chicken and place in a deep casserole. Cover and refrigerate overnight.
- ☐ Preheat the oven to 27
- ☐ Pour the pure olive oil over the chicken and bake for about 2 hours, until tender. Using tongs, transfer the chicken to a rack set over a baking sheet and let drain for 20 minutes; reserve 2 tablespoons of the confit oil.
- ☐ Meanwhile, increase the oven temperature to 40

- ☐ Spoon 1 tablespoon of the confit oil into a medium saucepan.
- ☐ Add the onion and carrot and cook over moderate heat, stirring occasionally, until softened, about 7 minutes.
- ☐ Add the couscous and stir to coat with oil.
- ☐ Add the water and a generous pinch of salt and bring to a boil. Cover and remove from the heat.
- ☐ Let stand until the couscous is tender and plumped, about 10 minutes. Fluff with a fork, cover and keep warm.
- ☐ Press the chicken legs slightly to flatten them. In a large, ovenproof nonstick skillet, heat the remaining 1 tablespoon of confit oil.
- ☐ Add the chicken, skin side down, and cook over moderately high heat until the skin begins to crisp, about 3 minutes.
- ☐ Transfer the skillet to the oven and roast the chicken for about 8 minutes, until heated through and the skin is very crisp.
- ☐ Meanwhile, in a small bowl, whisk the lemon zest and juice with the remaining 1/2 tablespoon of thyme and the extra-virgin olive oil. Stir in the olives and mint and season with salt and pepper. Spoon the couscous onto plates and top with the chicken legs. Spoon the dressing over the chicken and couscous and serve right away.

Nutrition Facts



Properties

Glycemic Index:43.47, Glycemic Load:14.47, Inflammation Score:-10, Nutrition Score:24.604782275532%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 970.8kcal (48.54%), Fat: 82.28g (126.59%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 24.45g (8.89%), Sugar: 1.12g (1.24%), Cholesterol: 150.28mg (50.09%), Sodium: 432.7mg (18.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Manganese: 2.35mg (117.29%), Vitamin E: 8.6mg (57.35%), Vitamin B3: 8.95mg (44.73%), Vitamin A: 2138.87IU (42.78%), Selenium: 29.43µg (42.05%), Vitamin K: 38.59µg (36.76%), Phosphorus: 317.56mg (31.76%), Vitamin B6: 0.61mg (30.63%), Vitamin B5: 2.05mg (20.49%), Zinc: 2.8mg (18.67%), Vitamin B2: 0.29mg (16.84%), Vitamin C: 12.77mg (15.48%), Iron: 2.78mg (15.46%), Vitamin B12: 0.9µg (15.08%), Magnesium: 58.06mg (14.51%), Potassium: 488.41mg (13.95%), Fiber: 3.19g (12.78%), Vitamin B1: 0.19mg (12.4%), Copper: 0.22mg (11.15%), Calcium: 65.63mg (6.56%), Folate: 21.6µg (5.4%), Vitamin D: 0.16µg (1.08%)