



# Eight-Spice Squash and Chicken Thighs Stew with Lentil Rice

 Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



943 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup brown lentils red
- 3 tablespoons butter
- 1 medium butternut squash peeled cut into 2-inch chunks
- 3 cups canned tomatoes diced canned
- 3 cups chicken stock see
- 2 tablespoons evoo
- 4 servings flour all-purpose for dredging

- 0.3 cup cilantro leaves fresh for serving
- 2 tablespoons gingerroot fresh chopped
- 0.3 cup mint leaves fresh for serving
- 3 cloves garlic chopped
- 0.1 teaspoon ground cardamom
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon nutmeg freshly grated
- 2 medium onion chopped
- 1 cup pomegranate seeds for serving
- 2 round tablespoons ras el hanout
- 1 chile fresh red such as finger pepper or fresno chile, chopped
- 1 cup rice long-grain
- 4 servings salt and pepper black freshly ground
- 0.5 cup scallions thinly sliced for serving
- 8 chicken thighs bone-in skinless

## Equipment

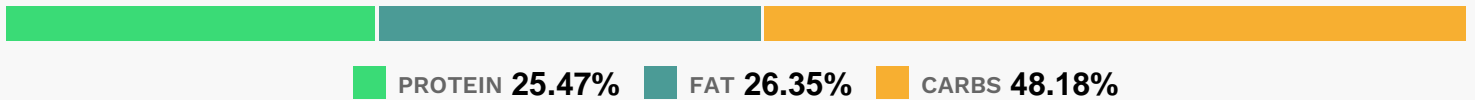
- frying pan
- pot
- dutch oven

## Directions

- Sprinkle the chicken thighs with salt and pepper and dredge in flour. Melt 2 tablespoons of the butter with the EVOO in a Dutch oven over medium-high heat. Brown the chicken until crisp, and then remove from the pan.
- Add the ginger, garlic, onions and chiles and sprinkle with some salt. Stir in the ras el hanout, cardamom, cinnamon, cloves and nutmeg, and cook until the vegetables are tender, 10 to 12 minutes.

- Pour in 2 cups of the stock along with the squash and tomatoes and simmer 15 minutes. Return the chicken to the pot and simmer to cook through, 10 minutes longer, and then wilt in the spinach. Cool and store for a make-ahead meal, preparing the rice as the chicken reheats over medium heat.
- Cook the lentils in boiling salted water until tender, 7 to 10 minutes for red lentils, 15 minutes for brown.
- Drain and reserve. Meanwhile, bring the remaining 1 cup stock, 3/4 cup water and the remaining 1 tablespoon butter to a boil in another small saucepot.
- Add the rice and bring to a boil, reduce to a simmer and cook until tender, 16 to 18 minutes. Fluff with a fork, and then combine with the lentils, pomegranate, scallions, cilantro and mint and serve with the chicken.

## Nutrition Facts



### Properties

Glycemic Index:153.45, Glycemic Load:37.92, Inflammation Score:-10, Nutrition Score:60.989999439405%

### Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg

### Nutrients (% of daily need)

Calories: 943.32kcal (47.17%), Fat: 28.13g (43.27%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 115.74g (38.58%), Net Carbohydrates: 96.65g (35.15%), Sugar: 24.49g (27.21%), Cholesterol: 221.77mg (73.93%), Sodium: 766.56mg (33.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.17g (122.33%), Vitamin A: 21076.97IU (421.54%), Vitamin B3: 21.04mg (105.18%), Vitamin C: 86.33mg (104.64%), Vitamin B6: 1.99mg (99.68%), Manganese: 1.97mg (98.32%), Selenium: 64.71µg (92.45%), Phosphorus: 770.67mg (77.07%), Fiber: 19.08g (76.34%), Potassium: 2475.6mg (70.73%), Folate: 266.25µg (66.56%), Vitamin B1: 0.95mg (63.27%), Vitamin K: 65.09µg (61.99%), Magnesium: 218.94mg (54.73%), Copper: 1.06mg (52.94%), Iron: 9.23mg (51.26%), Vitamin B5: 5.03mg (50.26%),

Vitamin E: 7.35mg (49.02%), Vitamin B2: 0.83mg (48.94%), Zinc: 6.25mg (41.67%), Calcium: 254.84mg (25.48%),  
Vitamin B12: 1.32µg (22.06%)