

Guinea fowl tagine

READY IN



120 min.

SERVINGS



4

CALORIES



1093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fowl
- ☐ 4 servings olive oil
- ☐ 2 carrots cut into chunks
- ☐ 2 onion red cut into chunks
- ☐ 6 prune- cut to pieces dried
- ☐ 1 simple preserved lemons cut into strips
- ☐ 1 mint leaves chopped
- ☐ 4 servings harissa
- ☐ 1 large onion red roughly chopped

- ☐ 1 large garlic clove
- ☐ 1.5 ginger fresh roughly chopped
- ☐ 100 ml olive oil
- ☐ 100 ml juice of lemon
- ☐ 0.5 tsp thai fish sauce
- ☐ 1 tsp honey
- ☐ 0.5 tsp ground cumin
- ☐ 0.5 tsp paprika
- ☐ 0.5 tsp turmeric
- ☐ 0.5 tsp chili powder hot
- ☐ 1 handful parsley
- ☐ 1 handful cilantro leaves
- ☐ 200 g couscous
- ☐ 1 tsp salt
- ☐ 100 g butter cubed
- ☐ 1 small handful golden raisins

Equipment

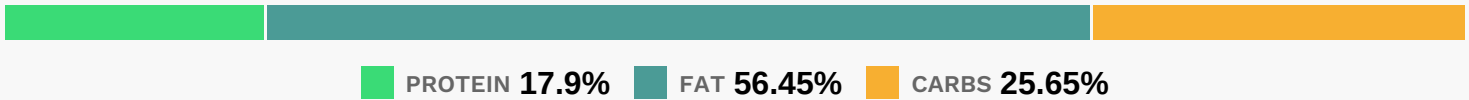
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ tajine pot

Directions

- ☐ The day before cooking, put all the ingredients for the chermoula in a blender and process until smooth.
- ☐ Pour over the bird and marinate in the fridge overnight.
- ☐ Next day, heat oven to 220C/200C fan/ gas

- ☐ Scrape the chermoula marinade off the bird and set aside.
- ☐ Heat a little olive oil in a large frying pan and brown the bird on all sides over a high heat.
- ☐ Put the carrots, onions, fruit and reserved chermoula into the tagine and place the guinea fowl on top.
- ☐ Pour in about 400ml water enough to come 1cm from the top of the tagine base. Cover and cook in the oven for about 45 mins, then turn the heat down to 180C/160C fan/gas 4 and cook for another 45 mins.
- ☐ About 15 mins before serving, rinse the couscous in cold water and put in a shallow bowl. Season with salt and scatter with the butter and sultanas.
- ☐ Pour on 200ml boiling water. Cover and leave for 10 mins or until the grains are plump and tender. Open the tagine at the table and stir the preserved lemon and mint into the juices.
- ☐ Serve the couscous and harissa separately.

Nutrition Facts



Properties

Glycemic Index:121.94, Glycemic Load:32.81, Inflammation Score:-10, Nutrition Score:30.416086943253%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg

Nutrients (% of daily need)

Calories: 1093.07kcal (54.65%), Fat: 69.08g (106.27%), Saturated Fat: 21.16g (132.25%), Carbohydrates: 70.62g (23.54%), Net Carbohydrates: 63.84g (23.21%), Sugar: 18.04g (20.04%), Cholesterol: 181.4mg (60.47%), Sodium: 1023mg (44.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.3g (98.6%), Vitamin A: 6440.47IU (128.81%), Vitamin B3: 16.01mg (80.07%), Vitamin K: 57.88µg (55.12%), Vitamin B6: 0.97mg (48.3%), Vitamin E: 6.58mg (43.85%), Phosphorus: 420.47mg (42.05%), Selenium: 29.32µg (41.89%), Manganese: 0.71mg (35.72%), Vitamin C: 23.41mg (28.37%), Fiber: 6.79g (27.14%), Potassium: 904.96mg (25.86%), Vitamin B5: 2.49mg (24.9%),

Magnesium: 89.38mg (22.35%), Vitamin B2: 0.33mg (19.25%), Zinc: 2.81mg (18.7%), Iron: 3.34mg (18.54%), Vitamin B1: 0.27mg (17.95%), Copper: 0.35mg (17.35%), Folate: 50.8µg (12.7%), Vitamin B12: 0.63µg (10.54%), Calcium: 89.18mg (8.92%)