



Harissa chicken traybake with peppers & feta

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp harissa
- ☐ 1 tbsp red wine vinegar
- ☐ 500 g chicken thighs boneless skinless
- ☐ 2 onion red cut into quarters
- ☐ 2 large roasted peppers cut into chunky pieces
- ☐ 100 g feta cheese
- ☐ 50 g pinenuts toasted
- ☐ 200 g couscous cooked

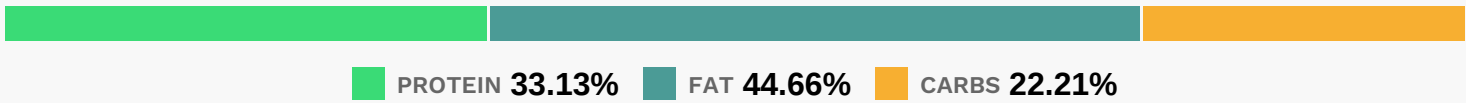
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a large bowl, mix together the harissa paste and the vinegar, then add the chicken and onions.
- ☐ Spread the mixture out in a large roasting tin and roast for 35 mins, turning at least once. In the final 10 mins, add the peppers and feta, then sprinkle with the pine nuts just before the end of the cooking time.
- ☐ Serve with the pan juices and couscous.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:8.49, Inflammation Score:-6, Nutrition Score:22.339130440484%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 388.06kcal (19.4%), Fat: 19.28g (29.65%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 19.07g (6.94%), Sugar: 3.83g (4.25%), Cholesterol: 141mg (47%), Sodium: 755.26mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.35%), Selenium: 46.25µg (66.07%), Manganese: 1.27mg (63.58%), Vitamin B3: 8.55mg (42.77%), Phosphorus: 424.72mg (42.47%), Vitamin B6: 0.81mg (40.52%), Vitamin B2: 0.5mg (29.4%), Zinc: 3.7mg (24.64%), Vitamin B5: 2.04mg (20.41%), Vitamin B12: 1.22µg (20.38%), Magnesium: 77.46mg (19.36%), Vitamin B1: 0.26mg (17.64%), Vitamin C: 13.99mg (16.96%), Calcium: 162.46mg

(16.25%), Potassium: 561.89mg (16.05%), Copper: 0.32mg (15.96%), Iron: 2.38mg (13.24%), Vitamin E: 1.66mg (11.04%), Vitamin K: 11.47µg (10.93%), Fiber: 2.5g (10%), Folate: 38.83µg (9.71%), Vitamin A: 287.42IU (5.75%)