



Lebanese poussin with spiced aubergine pilaf



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 1 eggplant diced
- ☐ 1 tbsp olive oil plus a bit extra
- ☐ 0.3 tsp allspice good
- ☐ 2 bay leaves
- ☐ 1 onion halved thinly sliced
- ☐ 100 g rice
- ☐ 2 tbsp pinenuts
- ☐ 0.5 tsp ground cinnamon

- ☐ 1 pinch ground cloves good
- ☐ 200 ml chicken stock see gluten-free hot (or alternative)
- ☐ 2 tbsp currants
- ☐ 1 large tomatoes chopped
- ☐ 1 tbsp mint leaves chopped
- ☐ 1 tbsp optional: dill chopped
- ☐ 2 tbsp pomegranate molasses
- ☐ 2 servings sumac powder for sprinkling (optional- we used bart
- ☐ 2 small poussin

Equipment

- ☐ frying pan
- ☐ oven

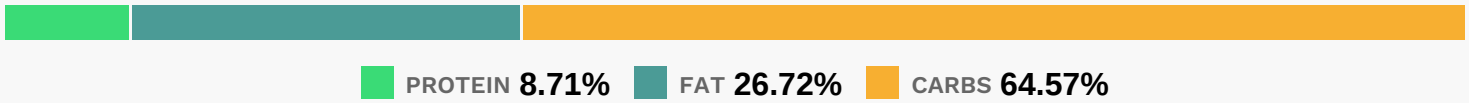
Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the aubergine in 1 tbsp of the oil until well coated.
- ☐ Pour into a large roasting tin, then push to the sides of the tin to make a space for the poussins. Rub some oil onto the skin of the poussins, sprinkle with the pinches of allspice, salt and lots of black pepper, pop a bay leaf inside each bird, then roast for 35 mins. (Leave to cook for about 10 mins before you start the pilaf so they are ready at the same time.)
- ☐ To make the pilaf, heat the remaining 1 tbsp oil in a medium pan and fry the onion for 5-8 mins until golden. Tip in the rice and pine nuts, stir for about 1 min, then add the spices, including the tsp allspice.
- ☐ Pour in the stock, stir in the currants, then cover the pan and cook for 7 mins.
- ☐ Take the lid off the pan, add the tomato, mint and dill, then cover and cook 2-3 mins more until the stock has been absorbed and the rice is tender. Set aside, covered, to keep warm.
- ☐ Meanwhile, once the poussins have had their 35 mins, drizzle the pomegranate molasses over them and return them to the oven for 10 mins more until they and the aubergines are tender.
- ☐ Set the poussins aside to rest for a few mins while you toss the aubergine into the pilaf.

☐

Serve the poussins whole, or portion and serve on top of the pilaf. Scatter with the dill and mint leaves, and sprinkle with a little sumac, if you like.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:30.86, Inflammation Score:-8, Nutrition Score:22.905652193838%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 532.81kcal (26.64%), Fat: 16.27g (25.04%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 88.49g (29.5%), Net Carbohydrates: 77.41g (28.15%), Sugar: 31.19g (34.66%), Cholesterol: 3.79mg (1.26%), Sodium: 167.16mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Manganese: 2.37mg (118.57%), Fiber: 11.08g (44.34%), Potassium: 1174.95mg (33.57%), Copper: 0.61mg (30.48%), Vitamin C: 23.17mg (28.08%), Vitamin B6: 0.54mg (26.86%), Vitamin B3: 5.28mg (26.39%), Phosphorus: 253.02mg (25.3%), Vitamin K: 26.06µg (24.82%), Magnesium: 96.54mg (24.13%), Folate: 90.04µg (22.51%), Vitamin E: 3.25mg (21.7%), Vitamin B1: 0.28mg (18.74%), Vitamin A: 888.98IU (17.78%), Vitamin B2: 0.28mg (16.26%), Selenium: 11.1µg (15.85%), Iron: 2.56mg (14.21%), Zinc: 2.05mg (13.63%), Vitamin B5: 1.35mg (13.52%), Calcium: 85.98mg (8.6%)