



Moroccan chicken one-pot



Gluten Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless skinless
- ☐ 3 tbsp olive oil
- ☐ 2 onions sliced roughly chopped
- ☐ 100 g tomatoes
- ☐ 100 g ginger roughly chopped
- ☐ 3 garlic cloves
- ☐ 1 tsp turmeric
- ☐ 1 tbsp ground cumin

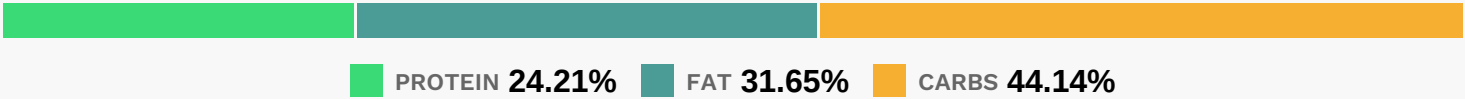
- ☐ 1 large butternut squash deseeded cut into big chunks
- ☐ 600 ml chicken stock see
- ☐ 2 tbsp brown sugar
- ☐ 2 tbsp red wine vinegar
- ☐ 100 g cherries dried
- ☐ 1 small onion red finely chopped
- ☐ 1 lemon zest
- ☐ 1 handful mint leaves
- ☐ 100 g feta cheese crumbled
- ☐ 6 servings couscous and natural yogurt

Equipment

Directions

- ☐ Season 4 boneless, skinless chicken breasts.
- ☐ Heat 2 tbsp olive oil in a flameproof dish, then brown the chicken on all sides.
- ☐ Remove the chicken to a plate.
- ☐ Whizz 1 chopped onion, 100g tomatoes, 100g chopped ginger and 3 garlic cloves into a rough paste.
- ☐ Fry 1 sliced onion in 1 tbsp olive oil in the dish until softened, then add 1 tsp turmeric, 1 tbsp cumin, 1 tbsp coriander and 1 tbsp cinnamon and fry for 1 min more until fragrant.
- ☐ Add the paste and fry for another few mins to soften.
- ☐ Return the chicken to the dish with 1 large butternut squash, cut into big chunks, 600ml chicken stock, 2 tbsp brown sugar and 2 tbsp red wine vinegar.
- ☐ Bring to a simmer, then cook for 30 mins until the chicken is cooked through.
- ☐ Lift the chicken out and stir in 100g dried cherries, then continue simmering the sauce to thicken while you shred the chicken into bite-sized chunks. Stir the chicken back into the sauce and season.
- ☐ Mix 1 finely chopped small red onion, the zest of 1 lemon, a handful of mint leaves and 100g crumbled feta cheese. Scatter over the dish, then serve with couscous and natural yogurt.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:26.160869543967%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 401kcal (20.05%), Fat: 14.4g (22.15%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 39.25g (14.27%), Sugar: 20.05g (22.28%), Cholesterol: 66.22mg (22.07%), Sodium: 439.77mg (19.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.78g (49.56%), Vitamin A: 14157.72IU (283.15%), Vitamin B3: 11.51mg (57.54%), Vitamin B6: 1.03mg (51.47%), Vitamin C: 36.72mg (44.5%), Selenium: 30.21µg (43.16%), Phosphorus: 319mg (31.9%), Potassium: 1071.97mg (30.63%), Manganese: 0.5mg (24.82%), Fiber: 5.91g (23.64%), Magnesium: 89.92mg (22.48%), Vitamin E: 3.2mg (21.37%), Vitamin B2: 0.36mg (21.22%), Calcium: 201.51mg (20.15%), Vitamin B5: 1.87mg (18.75%), Vitamin B1: 0.28mg (18.75%), Iron: 2.98mg (16.55%), Folate: 63.24µg (15.81%), Copper: 0.26mg (13.02%), Zinc: 1.52mg (10.17%), Vitamin K: 7.93µg (7.55%), Vitamin B12: 0.44µg (7.27%)