



Moroccan Chicken With Couscous

READY IN



40 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 4 chicken breast skinless (I used breasts to reduce fat content)
- 2 teaspoons clear honey
- 350 g couscous
- 0.3 cup apricot dried chopped
- 4 servings mint leaves fresh (to garnish)
- 2 garlic clove crushed
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger

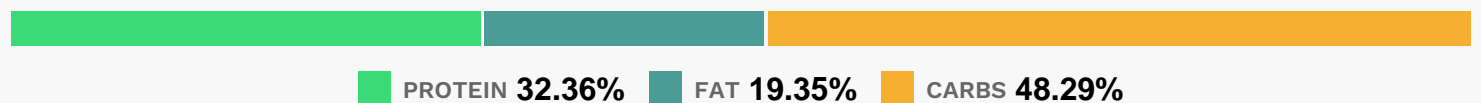
- 0.3 teaspoon turmeric
- 1 pinch nutmeg grated
- 2 onion finely chopped
- 1 tablespoon orange-flower water (I used orange juice)
- 2 tablespoons orange juice
- 1 pinch salt
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 tablespoons golden raisins
- 1 tablespoon unrefined sunflower oil
- 2 tablespoons walnut pieces chopped

Equipment

Directions

- Fry chicken portions skin side down in butter and oil until golden. Turn.
- Add onions, garlic, spices, salt, orange juice and 300ml of water. Cover and bring to the boil, reduce heat and simmer for 30 minutes.
- Mix couscous with salt and 350ml of water. Leave to soak for 5 minutes.
- Add rest of ingredients for couscous. Line a steamer with greaseproof paper and spoon the cous cous in.
- Place over chicken and steam for 10 minutes.
- Remove steamer, stir honey into chicken liquid and boil rapidly for 3–4 minutes. (At this point I stirred in 1 tsp of cornflour mixed with a little water to thicken the sauce).
- Serve chicken on top of couscous and pour over a little of the sauce.

Nutrition Facts



Properties

Glycemic Index:134.11, Glycemic Load:50.66, Inflammation Score:-9, Nutrition Score:31.654782564744%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg

Nutrients (% of daily need)

Calories: 767.5kcal (38.37%), Fat: 16.29g (25.07%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 91.53g (30.51%), Net Carbohydrates: 84.62g (30.77%), Sugar: 16.93g (18.81%), Cholesterol: 152.16mg (50.72%), Sodium: 889.44mg (38.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.32g (122.64%), Vitamin B3: 27.13mg (135.67%), Selenium: 73.46µg (104.94%), Vitamin B6: 1.95mg (97.29%), Phosphorus: 677.68mg (67.77%), Manganese: 1.14mg (57.25%), Vitamin B5: 4.49mg (44.93%), Potassium: 1272.29mg (36.35%), Magnesium: 119.27mg (29.82%), Fiber: 6.9g (27.61%), Vitamin B1: 0.34mg (22.95%), Copper: 0.45mg (22.57%), Vitamin B2: 0.35mg (20.44%), Zinc: 2.41mg (16.04%), Vitamin E: 2.37mg (15.8%), Vitamin C: 12.27mg (14.88%), Iron: 2.61mg (14.51%), Folate: 47.11µg (11.78%), Vitamin A: 510.84IU (10.22%), Vitamin B12: 0.46µg (7.63%), Calcium: 69.15mg (6.91%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.23µg (1.51%)