



Moroccan-style chicken

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp olive oil
- 2 chicken legs pieces
- 1 onion sliced
- 1 optional: lemon
- 1 garlic clove crushed
- 1 small knob ginger peeled finely chopped
- 2 tsp chermoula spice mix
- 225 ml vegetable stock fine (from a cube is)

- 1 tsp clear honey
- 1 handful olives green
- 2 servings coriander chopped

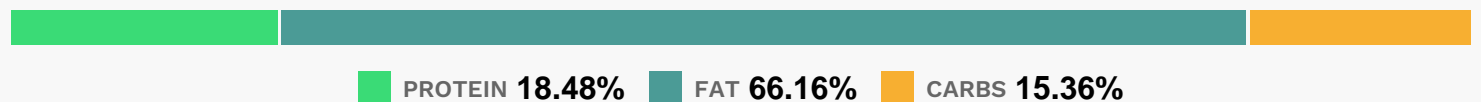
Equipment

- frying pan
- blender
- mortar and pestle

Directions

- Place a large frying pan over medium heat with 1 tbsp of oil. Lightly season the chicken and cook, skin side down, for about 5 mins on one side, until golden. Turn over, then tip the onion into the pan. Cook for another 5 mins until the onion is soft and chicken golden all over.
- Meanwhile, halve the lemon, then cut 1 half into quarters. Finely chop 1 quarter (leaving the skin on) and tip into a pestle and mortar or small blender. Pound together with remaining oil, garlic, ginger and chermoula to make a paste. Dollop into the frying pan and cook 1 min more until you can smell the spices.
- Pour over the chicken or vegetable stock and honey, then bring to the boil.
- Turn down the heat, cover and leave to cook 20–30 mins until chicken is cooked through and the sauce has thickened and become glossy (you may need to uncover the pan for the final 5 mins of cooking). Stir through the olives and squeeze over the juice of half the lemon.
- Sprinkle with coriander and serve with couscous or bread.

Nutrition Facts



Properties

Glycemic Index:115.89, Glycemic Load:4.4, Inflammation Score:-7, Nutrition Score:18.074782635855%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg,

Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg 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: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

Nutrients (% of daily need)

Calories: 483.54kcal (24.18%), Fat: 36.52g (56.18%), Saturated Fat: 7.88g (49.26%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 14.15g (5.15%), Sugar: 7.79g (8.65%), Cholesterol: 119.8mg (39.93%), Sodium: 716.49mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin C: 33.6mg (40.73%), Vitamin K: 42.73µg (40.7%), Selenium: 24.24µg (34.62%), Vitamin B3: 6.49mg (32.43%), Vitamin B6: 0.59mg (29.69%), Vitamin E: 3.68mg (24.52%), Phosphorus: 234.61mg (23.46%), Fiber: 4.92g (19.69%), Manganese: 0.38mg (19.16%), Iron: 3.31mg (18.41%), Vitamin B5: 1.51mg (15.11%), Zinc: 2.18mg (14.56%), Potassium: 493.2mg (14.09%), Vitamin B2: 0.24mg (13.96%), Calcium: 125.41mg (12.54%), Magnesium: 49.39mg (12.35%), Vitamin B12: 0.72µg (12.02%), Vitamin B1: 0.16mg (10.33%), Vitamin A: 499.53IU (9.99%), Folate: 33.76µg (8.44%), Copper: 0.16mg (8.06%)