



Moroccan-Style Chicken Pie

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup golden raisins chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 2 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 10 sheets phyllo pastry or fresh frozen thawed (17x12 inches)
- ☐ 3 tablespoons powdered sugar
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 cup butter unsalted melted () (for brushing)

Equipment

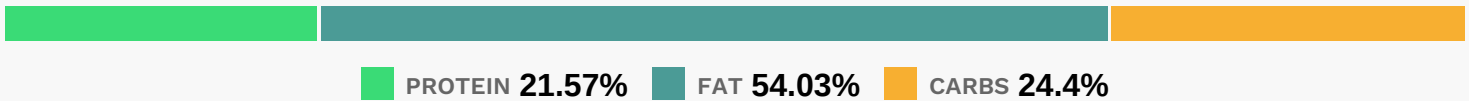
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ pie form

Directions

- ☐ Heat oil in heavy large skillet overmedium heat.
- ☐ Add onion and sauté untiltender, about 10 minutes.
- ☐ Mix in cinnamon,ginger, turmeric, and saffron; stir 1 minute.
- ☐ Sprinkle flour over; stir 1 minute.
- ☐ Add broth;bring to simmer.
- ☐ Sprinkle chicken withsalt; add to broth mixture. Gently simmerchicken uncovered until cooked through,reducing heat if necessary to preventboiling, about 20 minutes. Stir in raisins. Setskillet aside until chicken is cool enough tohandle.
- ☐ Transfer chicken to plate. Shred chickencoarsely and return to skillet. If sauce isthin, simmer over medium heat until saucecoats chicken thickly. Stir in cilantro andparsley. Season filling with salt and pepper.Cool filling completely. DO AHEAD: Can bemade 2 days ahead. Cover; chill.

- ☐ Finely grind almonds, powdered sugar, 1/2 teaspoon coarse salt, and cinnamon in mini processor.
- ☐ Stack 10 phyllo sheets on work surface. Invert 9-inch glass pie dish onto stack.
- ☐ Cut around dish through phyllo, making ten 10-inch rounds.
- ☐ Remove dish. Cover rounds with plastic wrap and damp kitchen towel.
- ☐ Brush same pie dish with melted butter.
- ☐ Place 1 phyllo round on work surface; brush with butter and sprinkle with scant 1 tablespoon almonds. Top with another phyllo round, brush with butter and sprinkle with scant 1 tablespoon almonds. Repeat stacking with 3 more phyllo rounds, butter, and almonds. Fit phyllo stack into prepared pie dish.
- ☐ Brush with butter. Spoon filling evenly over.
- ☐ Place 1 phyllo round on work surface.
- ☐ Brush with butter and sprinkle with scant 1 tablespoon almonds. Top with another phyllo round, brush with butter and sprinkle with scant 1 tablespoon almonds. Repeat with 2 phyllo rounds, butter, and almonds.
- ☐ Place stack atop filling; top with remaining phyllo round. Tuck in edges.
- ☐ Drizzle more butter over top.
- ☐ Cut 4 slits through top phyllo stack to allow steam to escape. DO AHEAD: Can be made 6 hours ahead. Cover and chill.
- ☐ Preheat oven to 375°F.
- ☐ Place pie on rimmed baking sheet.
- ☐ Bake uncovered until phyllo is golden and filling is heated through, about 40 minutes. Cool 15 minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index: 58.44, Glycemic Load: 9.99, Inflammation Score: -9, Nutrition Score: 19.220434857451%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 521.99kcal (26.1%), Fat: 31.64g (48.68%), Saturated Fat: 12.51g (78.22%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 29.54g (10.74%), Sugar: 9.14g (10.16%), Cholesterol: 148.4mg (49.47%), Sodium: 476.33mg (20.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.86%), Selenium: 34.38µg (49.11%), Vitamin B3: 9.27mg (46.34%), Phosphorus: 324.68mg (32.47%), Vitamin B6: 0.59mg (29.58%), Vitamin K: 30.86µg (29.39%), Manganese: 0.58mg (28.86%), Vitamin B2: 0.47mg (27.59%), Vitamin E: 3.68mg (24.52%), Vitamin B1: 0.32mg (21.08%), Iron: 2.9mg (16.13%), Magnesium: 62.98mg (15.75%), Zinc: 2.36mg (15.75%), Vitamin B5: 1.57mg (15.72%), Potassium: 539.58mg (15.42%), Vitamin B12: 0.84µg (13.94%), Copper: 0.27mg (13.52%), Vitamin A: 622.21IU (12.44%), Folate: 46.37µg (11.59%), Fiber: 2.6g (10.41%), Calcium: 58.38mg (5.84%), Vitamin C: 3.9mg (4.73%), Vitamin D: 0.28µg (1.89%)