



Moroccan-style chicken with carrot & orange salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp ground cinnamon
- ☐ 1 tsp cumin
- ☐ 1 tbsp olive oil
- ☐ 1 onion thinly sliced
- ☐ 3 tbsp pinenuts
- ☐ 3 tbsp raisins
- ☐ 1 juice of lemon

- ☐ 8 chicken thighs boneless skinless
- ☐ 400 g carrots grated
- ☐ 2 cranberry-orange relish
- ☐ 4 servings the salad mixed
- ☐ 1 handful cilantro leaves chopped

Equipment

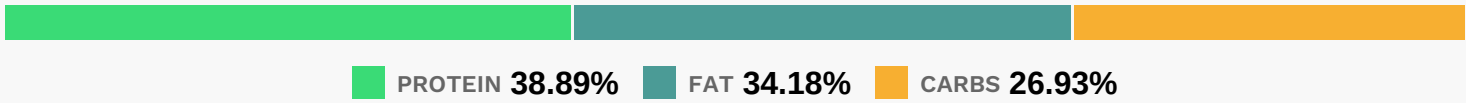
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Mix 1 tsp of the cinnamon with the cumin and coriander in a small bowl.
- ☐ Heat the oil in a frying pan, add the onion, then quickly fry until lightly coloured.
- ☐ Add the pine nuts, then fry until lightly toasted. Stir in the spice mix, the raisins and the juice of the lemon.
- ☐ Heat through, stirring, then remove from the heat.
- ☐ Open out the chicken thighs and spoon a little stuffing onto each. Fold the chicken meat over to enclose the stuffing, then secure each thigh with a couple of cocktail sticks.
- ☐ Place in a non-stick roasting tin with the cocktail sticks underneath, then sprinkle with the remaining lemon juice and spice mix.
- ☐ Bake for 30–35 mins until the chicken is tender and golden.
- ☐ To make the salad, tip the carrot into a bowl. Using a sharp knife, remove the zest and pith from the oranges, then cut into segments between membranes. Do this over the bowl to catch the juice, letting the segments drop in.
- ☐ Sprinkle with the reserved cinnamon and a little black pepper, then mix well.

- ☐ Divide the salad leaves between 4 plates, spoon over the salad, then sprinkle over the coriander leaves.
- ☐ Place the chicken alongside and serve.

Nutrition Facts



Properties

Glycemic Index:54.28, Glycemic Load:11.13, Inflammation Score:-10, Nutrition Score:36.646086817202%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg Naringenin: 10.14mg, Naringenin: 10.14mg, Naringenin: 10.14mg, Naringenin: 10.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 479.81kcal (23.99%), Fat: 18.5g (28.47%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 26.12g (9.5%), Sugar: 12.54g (13.93%), Cholesterol: 214.7mg (71.57%), Sodium: 286.52mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.38g (94.75%), Vitamin A: 17442.86IU (348.86%), Selenium: 52µg (74.29%), Vitamin B3: 14.55mg (72.77%), Vitamin C: 55.99mg (67.87%), Vitamin B6: 1.29mg (64.27%), Manganese: 1.23mg (61.44%), Phosphorus: 546.33mg (54.63%), Potassium: 1266.31mg (36.18%), Vitamin B5: 3.28mg (32.79%), Vitamin B2: 0.55mg (32.59%), Zinc: 4.41mg (29.42%), Vitamin K: 29.55µg (28.14%), Fiber: 6.68g (26.7%), Vitamin B1: 0.4mg (26.46%), Magnesium: 103.2mg (25.8%), Vitamin B12: 1.45µg (24.11%), Iron: 3.67mg (20.4%), Copper: 0.38mg (18.85%), Folate: 72.85µg (18.21%), Vitamin E: 2.48mg (16.51%), Calcium: 114.25mg (11.43%)