



## North African Chicken Stew

READY IN



30 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds
- 0.3 cup apple cider vinegar
- 2 carrots sliced
- 1 pinch ground pepper
- 1.5 cups chicken broth
- 1.7 cups chicken broth
- 1 cup couscous uncooked
- 2 cups cilantro leaves fresh packed (leaves and 3 stems)
- 1 cup parsley fresh packed (leaves and 3 stems)

- 1 garlic clove
- 1 teaspoon ground cumin
- 4 servings pepper fresh black to taste
- 0.5 teaspoon kosher salt
- 4 teaspoons kosher salt
- 1 lemon zest grated
- 0.5 cup olive oil extra virgin extra-virgin
- 0.3 cup basil pesto canned (you can reserve the rest by freezing)
- 1 small onion red halved sliced
- 1.3 lbs chicken thighs boneless skinless quartered
- 1 teaspoon paprika smoked
- 1 tablespoon butter unsalted
- 1 tablespoon vegetable oil

## Equipment

- food processor
- bowl
- sauce pan
- pot
- dutch oven

## Directions

- Tunisian Pesto:.
- Combine the cilantro, parsley, almonds and garlic in a food processor and pulse until coarsely chopped.
- Add about 1/3 cup of the oil and process until completely mixed in and smooth.
- Add the salt and a pinch of cayenne pepper (if using). \*If using immediately, add the remaining oil and pulse until smooth. If freezing, transfer the pesto to an airtight container and pour the remaining oil on top. You can freeze this for 3 months.Stew:..Bring the 1 1/2 cups of chicken broth to boil in a saucepan over high heat. Stir in the couscous, 1 t. of the salt, and

pepper to taste. Cover, take off the heat and set aside while you make the stew.

- Heat the oil and butter in a large dutch oven (or big soup pot) over medium-high heat. Season the chicken with the remaining salt, cumin, paprika and pepper to taste.
- Add the chicken to the pot. Cook, stirring occasionally, until browned all over - about 5 minutes.
- Add the carrots, onion, the 1 2/3 Cups chicken broth, vinegar and lemon zest and bring to a boil. Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender - about 8 minutes or so. Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve!

## Nutrition Facts



### Properties

Glycemic Index:91.71, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:32.7826088032%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg 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: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

### Nutrients (% of daily need)

Calories: 616.4kcal (30.82%), Fat: 30.69g (47.22%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 39.74g (14.45%), Sugar: 4.86g (5.4%), Cholesterol: 147.56mg (49.19%), Sodium: 3667.07mg (159.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.37g (76.74%), Vitamin K: 289.42µg (275.64%), Vitamin A: 7705.64IU (154.11%), Vitamin B3: 10.86mg (54.32%), Selenium: 33.64µg (48.06%), Manganese: 0.88mg (44.07%), Phosphorus: 427.87mg (42.79%), Vitamin B6: 0.82mg (40.84%), Vitamin C: 28.18mg (34.15%), Vitamin B2: 0.56mg (32.97%), Vitamin E: 4.45mg (29.66%), Vitamin B5: 2.55mg (25.47%), Magnesium: 97.84mg (24.46%), Fiber: 6.08g (24.34%), Potassium: 820.52mg (23.44%), Zinc: 3.32mg (22.13%), Iron: 3.96mg (22.01%), Vitamin B1: 0.31mg (20.94%), Copper: 0.39mg (19.38%), Vitamin B12: 0.95µg (15.84%), Folate: 57.69µg (14.42%), Calcium:

143.55mg (14.36%)