



North African Quick Tagine-Style Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups chicken stock see
- 0.1 teaspoon cinnamon
- 1.5 cups couscous
- 2 tablespoons olive oil extra virgin
- 2 tablespoons olive oil extra virgin
- 1 leaves flat parsley chopped
- 4 garlic clove with the heel of your hand, discard skins smashed
- 0.3 cup golden raisins

- 0.5 teaspoon ground coriander
- 1.5 teaspoons ground cumin
- 2 cups chicken broth low sodium
- 4 servings mango chutney (available on the condiment or International food aisles)
- 10 prune- cut to pieces pitted coarsely chopped
- 1.5 teaspoons chicken seasoning (recommended (Montreal Seasoning by McCormick) (coarse salt and coarse pepper)
- 4 servings spring onion finely chopped
- 2 spring onion finely chopped
- 1.5 teaspoons paprika sweet
- 0.5 teaspoon turmeric
- 1 large onion yellow sliced quartered

Equipment

- frying pan
- pot
- stove

Directions

- Heat a large nonstick skillet over medium high heat.
- Add extra-virgin olive oil, 2 turns of the pan, in a slow stream, and add smashed garlic. Season the chicken with seasoning blend. Scatter chicken around the pan in an even layer. Cook chicken pieces 2 minutes on each side to brown, then add the onions, prunes, raisins and stock.
- Mix spices in a small dish and scatter over the pot. Cover and reduce to moderate heat. Cook 7 or 8 minutes, remove the lid and stir. To prepare the couscous, bring chicken stock to a boil.
- Add couscous, extra-virgin olive oil and scallions and remove the couscous from the stove immediately. Cover and let stand 5 minutes. Fluff the couscous with a fork. Uncover chicken and cook another 2 to 3 minutes to thicken slightly. Adjust the seasoning, to taste, and serve chicken on a bed of couscous.
- Garnish with chopped cilantro and scallions.

Serve with chutney.

Nutrition Facts

PROTEIN 9.91% **FAT 24.96%** **CARBS 65.13%**

Properties

Glycemic Index:97.17, Glycemic Load:47.27, Inflammation Score:-9, Nutrition Score:16.967391211054%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 594.35kcal (29.72%), Fat: 16.82g (25.88%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 98.76g (32.92%), Net Carbohydrates: 91.52g (33.28%), Sugar: 28.19g (31.33%), Cholesterol: 2.7mg (0.9%), Sodium: 185.09mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.05%), Vitamin K: 59.68µg (56.84%), Manganese: 0.86mg (42.92%), Vitamin B3: 6.17mg (30.83%), Fiber: 7.24g (28.95%), Phosphorus: 230.62mg (23.06%), Copper: 0.45mg (22.42%), Potassium: 716.49mg (20.47%), Vitamin B6: 0.35mg (17.31%), Iron: 3.1mg (17.23%), Vitamin E: 2.53mg (16.84%), Vitamin B2: 0.28mg (16.42%), Magnesium: 61.68mg (15.42%), Vitamin A: 738.52IU (14.77%), Vitamin B1: 0.19mg (12.94%), Vitamin C: 8.95mg (10.85%), Vitamin B5: 1.02mg (10.22%), Folate: 37.8µg (9.45%), Calcium: 84.75mg (8.47%), Zinc: 1.2mg (7.98%), Selenium: 3.42µg (4.89%), Vitamin B12: 0.12µg (1.97%)