



One-pot Moroccan chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast skinless
- ☐ 1 tsp ground cumin
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely sliced
- ☐ 400 g cherry tomatoes canned
- ☐ 2 tbsp harissa (we used Belazu Rose Harissa)
- ☐ 1 tbsp clear honey
- ☐ 2 medium zucchini sliced

☐ 400 g chickpeas drained and rinsed canned

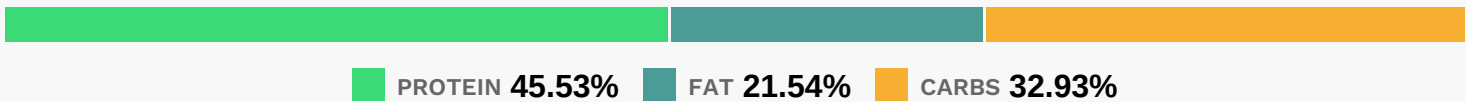
Equipment

☐ frying pan

Directions

- ☐ Season the chicken breasts all over with the cumin and lots of ground black pepper.
- ☐ Heat the oil in a large non-stick frying pan and cook the chicken with the onion for 4 mins. Turn the chicken over and cook for a further 3 mins. Stir the onions around the chicken regularly as they cook.
- ☐ Tip the tomatoes and 250ml water into the pan and stir in the harissa, honey, courgettes and chickpeas. Bring to a gentle simmer and cook for 15 mins until the chicken is tender and the sauce has thickened slightly.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:8.25, Inflammation Score:-9, Nutrition Score:39.55217374926%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 522.97kcal (26.15%), Fat: 12.53g (19.27%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 33.09g (12.03%), Sugar: 16.23g (18.03%), Cholesterol: 144.64mg (48.21%), Sodium: 390.72mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.57g (119.14%), Vitamin B3: 25.25mg (126.26%), Selenium: 77µg (110.01%), Vitamin B6: 2.12mg (105.95%), Phosphorus: 722.42mg (72.24%), Manganese: 1.4mg (69.93%), Vitamin C: 47.65mg (57.76%), Folate: 223.62µg (55.9%), Potassium: 1680.58mg (48.02%), Fiber: 9.99g (39.96%), Vitamin B5: 3.87mg (38.73%), Magnesium: 138.99mg (34.75%), Iron: 5.26mg (29.22%), Copper: 0.57mg (28.33%), Vitamin B2: 0.42mg (24.67%), Vitamin B1: 0.36mg (24.22%), Zinc: 3.39mg (22.59%), Vitamin A: 837.7IU (16.75%), Vitamin E: 2.13mg (14.18%), Vitamin K: 14.1µg (13.43%), Calcium: 99.81mg (9.98%), Vitamin B12: 0.45µg

(7.53%), Vitamin D: 0.23µg (1.51%)