



Poussins with tamarind glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 tbsp cumin seeds hot crushed toasted
- ☐ 100 g tamarind paste
- ☐ 250 g muscovado sugar
- ☐ 1 tbsp coriander seeds
- ☐ 1 tbsp cumin seeds
- ☐ 1 tbsp fennel seeds
- ☐ 3 cardamom pods green

- ☐ 1 small knob ginger fresh peeled roughly chopped
- ☐ 1 to 2 chilies slit green roughly chopped
- ☐ 1 large pinch chili powder
- ☐ 1 pinch ground ginger
- ☐ 1 large pinch chaat masala
- ☐ 4 poussin

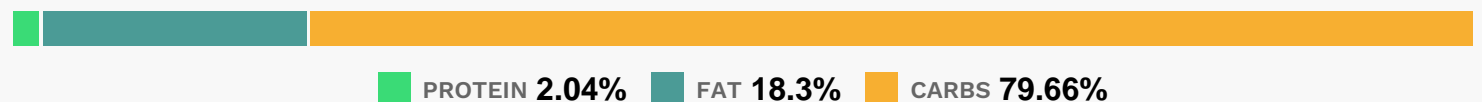
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ First make the tamarind glaze. Put all the ingredients except the ground ginger and chaat masala in a medium saucepan with 500ml water. Boil for 20 minutes, stirring frequently, until reduced by about half and slightly syrupy. Strain into a bowl to remove all the spices, stir in the ground ginger and chaat masala and leave to cool.
- ☐ Pour half the glaze into a large bowl and set another 4 tbsp aside to serve (The rest will keep in the fridge for up to a month for a sauce or marinade.)
- ☐ Whisk in the oil and cumin and add the poussin. Cover and marinate in the fridge for half an hour at least overnight is ideal.Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Lift the poussin pieces out of the marinade and lay on a roasting tray. Roast for 30 minutes, basting with the cooking juices and the leftover marinade every 5 minutes until the poussins are lacquered and sticky.To serve, mix the reserved glaze with 1 tablespoon water and drizzle over the poussins on 4 plates.
- ☐ Serve with a mushroom risotto and poppadums.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:9.41, Inflammation Score:-2, Nutrition Score:7.38608698474%

Nutrients (% of daily need)

Calories: 388.43kcal (19.42%), Fat: 8.34g (12.83%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 81.67g (27.22%), Net Carbohydrates: 78.13g (28.41%), Sugar: 70.77g (78.64%), Cholesterol: 0.75mg (0.25%), Sodium: 70.28mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.7mg (34.82%), Iron: 3.84mg (21.35%), Fiber: 3.54g (14.16%), Magnesium: 53.2mg (13.3%), Calcium: 130.54mg (13.05%), Vitamin K: 13.41µg (12.77%), Potassium: 355.03mg (10.14%), Vitamin B1: 0.14mg (9.23%), Phosphorus: 62.28mg (6.23%), Copper: 0.11mg (5.59%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.9mg (4.5%), Vitamin C: 3.37mg (4.08%), Vitamin B2: 0.06mg (3.58%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.43mg (2.86%), Selenium: 1.74µg (2.48%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 56.38IU (1.13%), Folate: 4.53µg (1.13%)