



Roasted Poussins with Pomegranate Sauce and Potato Rösti



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 6 tablespoons olive oil
- ☐ 1 cup bottled pomegranate juice
- ☐ 4 russet potatoes grated peeled (baking)

- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 1.3 teaspoons salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons vegetable oil for frying
- ☐ 0.8 cup roasted walnuts
- ☐ 1 pound poussins (small chickens) ()

Equipment

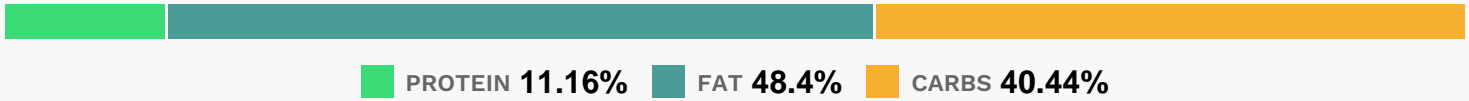
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Make sauce
- ☐ In small saucepan over moderately high heat, whisk together 1 cup water, pomegranate juice, and sugar. Bring to boil and cook, uncovered, until thick and syrupy, about 15 to 20 minutes.
- ☐ Make poussins
- ☐ Preheat oven to 375°F.
- ☐ Rinse poussins inside and out and pat dry.
- ☐ Cut out necks if attached and discard. In small bowl, whisk together salt, cumin, turmeric, pepper, and saffron.
- ☐ Sprinkle poussins with spice mixture; press to adhere.
- ☐ Set large roasting pan on stove top, straddling two burners.

- ☐ Add 2 tablespoons vegetable oil and heat over moderately high heat until hot but not smoking. Working in 2 batches, sear poussins until well browned, about 5 minutes per side, transferring as done to large platter and adding more oil as needed. Return poussins to pan and pour pomegranate syrup over.
- ☐ Roast 15 minutes. Baste poussins with pan juices and scatter walnuts around. Roast, basting occasionally, until instant-read thermometer inserted into 1 thigh (avoiding bone) registers 170°F, about 15 minutes more.
- ☐ While poussins are roasting, make rösti
- ☐ In large bowl, stir together grated potato, rosemary, salt, and pepper. In heavy 10-inch nonstick skillet over moderate heat, heat 2 tablespoons oil until hot but not smoking.
- ☐ Pour in 1/2 potato batter and lightly press to form even layer that completely fills pan. Cook, without moving, until underside is browned, about 12 minutes. Invert large plate over skillet and flip pancake onto plate.
- ☐ Add 1 tablespoon oil to skillet, then slide pancake back, uncooked side down, into skillet. Cook until underside is golden brown, about 5 minutes.
- ☐ Remove from heat and keep warm, then repeat process with remaining oil and potato batter to make second pancake.
- ☐ Cut into wedges and serve with poussin.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:26.22, Inflammation Score:-7, Nutrition Score:9.6521739130435%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 387.3kcal (19.36%), Fat: 21.34g (32.84%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 38.29g (13.92%), Sugar: 23.87g (26.52%), Cholesterol: 45.81mg (15.27%), Sodium: 326.18mg

(14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Manganese: 0.5mg (25.1%), Vitamin B6: 0.49mg (24.47%), Vitamin B3: 3.64mg (18.19%), Potassium: 567.22mg (16.21%), Phosphorus: 146.02mg (14.6%), Copper: 0.26mg (13.12%), Magnesium: 45.39mg (11.35%), Vitamin K: 11.7µg (11.15%), Vitamin E: 1.56mg (10.42%), Iron: 1.76mg (9.76%), Vitamin B1: 0.14mg (9.3%), Selenium: 6.35µg (9.07%), Vitamin B2: 0.13mg (7.53%), Fiber: 1.84g (7.35%), Zinc: 1.09mg (7.28%), Folate: 28.18µg (7.04%), Vitamin B5: 0.66mg (6.57%), Vitamin C: 5.32mg (6.45%), Calcium: 32.85mg (3.29%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 63.08IU (1.26%)