



Turmeric and Cumin Chicken with Chiles, Cinnamon Oranges and Olive-Chickpea Couscous

READY IN



135 min.

SERVINGS



4

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 14 ounce chickpeas drained and rinsed canned
- 2 cinnamon sticks
- 1.5 cups couscous
- 1.5 teaspoons cumin seeds (half a palmful)
- 3 tablespoons evoo
- 4 small bay leaves fresh

- 1 Handful parsley leaves fresh finely chopped
- 3 cloves garlic finely chopped
- 2 jalapeño peppers halved lengthwise
- 4 servings kosher salt
- 1 lime
- 1 cup olive mix green
- 2 oranges
- 4 servings sea salt
- 1 tablespoon turmeric
- 1 meat from a rotisserie chicken whole (remove the skin from the legs and breasts, and reserve the wings)

Equipment

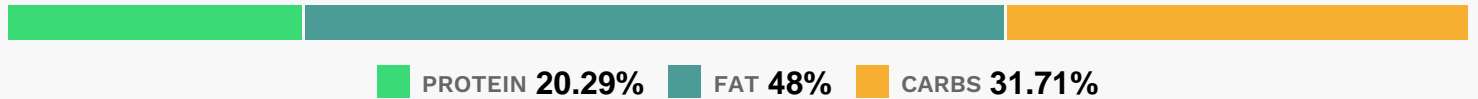
- frying pan
- sauce pan
- pot

Directions

- Put the chicken wings in a small pot. Cover with water and sprinkle with salt. Simmer gently for 30 minutes.
- Meanwhile, combine the remaining chicken pieces with the juice of the lime, the juice of 1 orange and half the garlic.
- Sprinkle liberally with sea salt and toss to coat. Cover and marinate at room temperature for at least 45 minutes and up to 1 hour.
- Heat the EVOO in a large skillet over medium-high heat.
- Add the turmeric and cumin seeds and stir for a minute to toast the spices.
- Add the bay leaves, cinnamon sticks and chile peppers, and cook for a minute or 2 more.
- Add the chicken and turn to coat it with the spiced oil, then cook until the chicken is lightly browned, about 10 minutes.

- Slice the remaining orange and add it to the pan along with the olives. Cook until heated through.
- Remove the chicken wings from the poaching liquid, and add 1 cup of the liquid to the pan. Partially cover and simmer for 20 more minutes.
- Remove the cinnamon sticks. (If you aren't serving the chicken immediately, cool and then store it in the refrigerator. Store any leftover poaching liquid separately. Reheat the chicken over medium heat and prepare the couscous before serving.)
- Combine 1 1/2 cups reserved poaching liquid, the butter, chickpeas and cilantro in a large saucepan. Bring to a boil, and then stir in the couscous. Turn off the heat, cover the pan and let stand for 5 minutes. Fluff with fork.
- Serve the couscous with the chicken.

Nutrition Facts



Properties

Glycemic Index:84.71, Glycemic Load:37.59, Inflammation Score:-10, Nutrition Score:33.998260415119%

Flavonoids

Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg Naringenin: 10.6mg, Naringenin: 10.6mg, Naringenin: 10.6mg, Naringenin: 10.6mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 987.84kcal (49.39%), Fat: 52.9g (81.38%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 78.62g (26.21%), Net Carbohydrates: 66.18g (24.06%), Sugar: 7.02g (7.8%), Cholesterol: 157.88mg (52.63%), Sodium: 1378.55mg (59.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.31g (100.61%), Manganese: 1.89mg (94.72%), Vitamin B3: 15.91mg (79.57%), Vitamin B6: 1.36mg (68.09%), Vitamin C: 53.82mg (65.24%), Phosphorus: 500.34mg (50.03%), Fiber: 12.44g (49.78%), Selenium: 30.7µg (43.86%), Vitamin B5: 3.1mg (30.97%), Iron: 5.56mg (30.88%), Magnesium: 114.25mg (28.56%), Vitamin K: 28.79µg (27.42%), Vitamin E: 4.07mg (27.11%), Zinc: 4mg (26.65%), Copper: 0.52mg (25.97%), Potassium: 859.78mg (24.57%), Vitamin B1: 0.34mg (22.48%), Vitamin B2: 0.34mg (20.25%), Folate: 75.94µg (18.98%), Vitamin A: 925.59IU (18.51%), Calcium: 157.4mg (15.74%), Vitamin B12: 0.6µg (10.04%), Vitamin D: 0.38µg (2.54%)