

Chicken Tajine with Olives, Chickpeas and Lemon



Indulge in a traditional Moroccan dish bursting with exotic flavors, perfectly balanced and easy to prepare. Try this must-try recipe now to awaken your taste buds and impress your guests.

Preparation 20 min

Cooking 45 min

Portion 8

Nutrition Facts (per serving)

Calories 280 kcal

Fat 11 g

Carbohydrates 24 g

Fibre 5 g

Protein 22 g

Sodium 385 mg

Ingredients

- 8 boneless, skinless chicken thighs, salt and ground black pepper to taste
- 30 ml (2 tbsp) extra virgin olive oil
- 1 large onion, sliced
- 4 cloves of garlic, minced
- 1 inch (2.5 cm) piece of fresh ginger, peeled and minced
- 250 ml (1 cup) low-sodium chicken broth

- 2.5 ml (1/2 tsp) turmeric
- 1 lemon, sliced into six pieces
- 2 bay leaves
- 60 ml (1/4 cup) pitted green olives
- 398 ml (14 oz) canned chickpeas, rinsed and drained
- 2 ripe tomatoes, roughly chopped
- 60 ml (1/4 cup) raisins
- 60 ml (1/4 cup) mint
- Whole wheat couscous for serving

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large pot, heat the olive oil over medium heat.
3. Season the chicken with salt and pepper, then sear the chicken pieces in the pot. Transfer to a baking dish.
4. Add the onions, garlic, and ginger to the remaining oil in the pot. Cook until the onions become translucent.
5. Add the chicken broth and bring to a boil. Remove from heat and set aside.
6. Combine the chili flakes, paprika, and turmeric. Mix well and sprinkle over the chicken.
7. Add the chicken pieces, lemon slices, and bay leaves to the pot.
8. Cover the pot tightly and bake in the preheated oven for 35 minutes.
9. Scatter the olives, chickpeas, tomatoes, and raisins in the pot and return to the oven.
10. Continue cooking covered for an additional 10 minutes.
11. Sprinkle with fresh mint and serve accompanied by whole wheat couscous.

Notes



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