NORTH AFRICAN · DINNER

Chicken Tagine with Preserved Lemon and Olives

170 min · Serves 4 · 622 kcal a serve · Video 4:52 · cookingwithalia

Gluten-free ingredients · Dairy-free · Nut-free

Skinless chicken slow-cooked on a bed of grated onion gives each serve over 50 g of protein and is rich in selenium, zinc and vitamins B6 and B12, with herbs, spices and olive oil for flavour and no added sugar.

Diet notes: Low carb (9.3 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 16 · SERVES 4

- [ ] 1.5 kg **bone-in skinless chicken thighs** (or pieces)
- [ ] a large pinch of **saffron**, steeped in 110 g warm water (use 1 tsp of the saffron water)
- [ ] 1 large **preserved lemon** (or 2 small), pulp chopped for the marinade, skin quartered for the top
- [ ] 1 tbsp **fresh lemon juice**
- [ ] **salt** from the preserved lemon, plus a pinch over the onions; add more only after tasting
- [ ] a handful of **fresh cilantro**, finely chopped
- [ ] a handful of **fresh parsley**, finely chopped
- [ ] 2 large **garlic** cloves, grated
- [ ] 2 tsp **ground paprika**
- [ ] 1 tsp **ground ginger**
- [ ] ½ tsp **ground cumin**
- [ ] ¼ tsp **black pepper**
- [ ] 4 tbsp **olive oil** (2 in the marinade, 2 in the pot)
- [ ] 2 **onions**, grated
- [ ] a pinch of **ground turmeric**
- [ ] a handful of **green olives**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Steep the saffron in a cup of warm water for 10 minutes. Quarter the preserved lemon, finely chop the pulp and keep the skin for later. 1:11
2. Make the chermoula: mix the parsley, cilantro, lemon pulp, garlic, paprika, ginger, cumin, pepper, 1 tsp saffron water and 2 tbsp olive oil. Rub it into the chicken, cover and refrigerate at least 1 hour or overnight. 1:55
3. Drizzle 2 tbsp olive oil in a tagine or heavy pot, spread the grated onion over the base and sprinkle with a little salt and turmeric. Lay the chicken on top with any leftover marinade. 2:42
4. Cover and cook on low-medium (use a heat diffuser under a clay tagine) for 15–20 minutes until the juices start to simmer, then turn the heat to low and cook covered until tender, about 1 hour. 3:28
5. Add the lemon juice and olives to the sauce and lay the preserved lemon skin over the chicken. Taste before adding any salt; the preserved lemon is already salty. 4:06
6. Cook uncovered about 15 minutes more until the sauce has thickened, and serve with crusty bread. 4:27

> **Tip** Serves 4 is our estimate. Time includes a 1-hour marinade; overnight gives the best flavour. The saffron water keeps a month in the fridge. No tagine? A heavy lidded pot works on low heat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
622 kcal	56 g	12 g	2.6 g	38 g	1,000 mg
2,600 kJ	112% of a day	9.3 g net · 4.1 g sugars	9% of a day	8.4 g saturated	43% of a day
		4% of a day		49% of a day	

Energy from net carbs 6% · protein 37% · fat 57% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 93% · Vitamin K 77% · Zinc 53% · Vitamin B6 53% · Vitamin B12 52% · Vitamin C 26% · Iron 24% · Vitamin E 24%

Source of (10–19%) Omega-3 17% · Potassium 16% · Magnesium 16% · Vitamin A 11% · Folate 11%

Recipe and video: cookingwithalia (@cookingwithalia) on YouTube — youtube.com/watch?v=TpsUQ7SbTXs, published 13 December 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/alia-chicken-tagine-preserved-lemon