

Chicken tagine traybake



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



Amazing



flavours



from North Africa.



You can



cook this



without



a tagine.



An easy



traybake



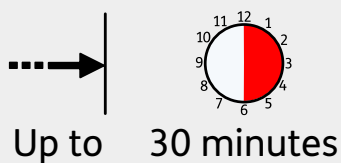
cooked in the oven.



Meal information



Preparation time




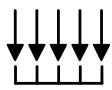



Cooking time




Serves





 Nutrition in each serving:


 Calories
(kcal)

532


 Protein
(g)

53


 Carbohydrate
(g)

57


 Fat
(g)

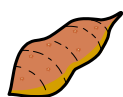
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 Fibre
(g)

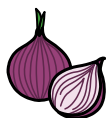
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Ingredient List



400g sweet potatoes, peeled and cut into 4cm chunks



2 red onions, cut into wedges



2 garlic cloves, thinly sliced



2 preserved lemons, drained, roughly chopped and pips discarded



1 tbsp baharat seasoning



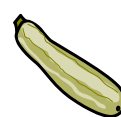
700ml fresh chicken stock



Saffron threads, ground with a pestle and mortar



4 skinless boneless chicken breasts (180g each)



2 courgettes quartered lengthways and cut into 5cm pieces



100g pitted green olives



1-cal sunflower oil spray



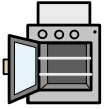
sea salt and freshly ground black pepper



150g couscous



Equipment List



oven



roasting tray



knife



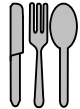
spoon



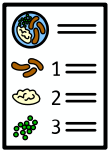
jug



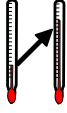
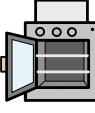
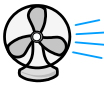

bowl



cutlery



Method


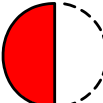




 220°C 200°C   7
 Preheat the oven to 220C / 200C Fan / Gas 7.






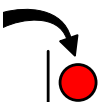








 Put sweet potatoes, onions, garlic and lemons into a roasting tray.





 Sprinkle with half the baharat and season.





 Mix together and add 250ml chicken stock.





 Add a large pinch of saffron.

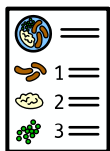


 Cook in oven for 25 minutes.





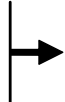
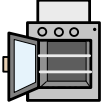




 Rub salt and other half of baharat on both sides of the chicken.








Method






 Remove the tray from the oven.







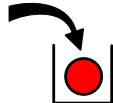



 Add courgettes, olives and 250ml chicken stock.






 Stir and put chicken on top of the tray.





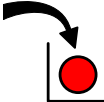


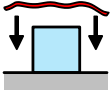


 Spray the chicken with oil and bake for 20 to 25 minutes.






 Put couscous in a bowl and season.






 Heat 200ml of stock with a pinch of saffron.






 Add the stock to the bowl and cover for 15 minutes.



Method



fluff



the couscous



using



a fork.



Put



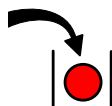
the couscous



in



a bowl



Add



the vegetables



and chicken.



Serve.