

Purple Carrot Cook

CUMIN CHICKEN WITH OLIVES

SERVES 4- 6 / PREPARE 10 MINS / COOK 25 MINS

Ingredients

4	Chicken legs (bone in)	45g	Black and green olives, stoned
1 tbsp	Rapeseed oil		
1	Large onion, finely sliced	25g	Fresh coriander leaves
2	Garlic cloves, finely sliced	3-4	Lime juice
1 tbsp	Paprika		
1 tbsp	Ground cumin		
250ml	Dry white wine		
400g	Very veggie tomato sauce		
125ml	Chicken stock or water		
45 gr	Capers, rinsed, drained		

Instructions

Pre-heat the oven 190C.

Lightly season the chicken legs with salt and pepper.

Heat the oil in an ovenproof sauté pan over a high heat until hot. Using tongs, add the dry chicken pieces skin side down. Cover with a splatter guard and cook, without moving, until golden brown, about 4 min. Flip the chicken pieces and cook until the second side is golden, about 3 min longer. Transfer to a large platter and set aside. Reduce the heat to medium heat, add the onions, and cook, scraping up the browned bits from the bottom of the pan then stirring frequently until softened, about 4 min. Add the garlic and cook, stirring, about 30 sec. Add the paprika and cumin and cook for 1 min longer.

Add the white wine and scrape the browned bits from the bottom of the pan. Add the tomato sauce, chicken stock, capers and olives and bring to boil. Put back the chicken pieces into the stock and vegetables so that only the skin is showing. Cover the pan and transfer to the oven.

Cook for 15/20 min, then remove the lid and continue to cook until the chicken is tender and the sauce is rich, approximately another 10 min.

Stir the coriander and lime juice into the sauce and season to taste with salt and pepper. Serve immediately with crusty bread.



Nutrifacts



Chicken contains PROTEIN to help your body heal and grow and it is quite low in SATURATED FAT if you avoid the skin. Chicken is high in NIACIN, a B vitamin essential for energy production, metabolism and production of serotonin, which regulates mood, appetite and sleep, and glucose tolerance factor(GTF) which enhances insulin activity in taking glucose into cells to produce energy.

Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Rapeseed oil is LOW in SATURATED FAT and HIGH in omega-6 essential fatty acids.

Limes are high in VITAMIN C to help maintain our immune system in good shape.