



UCOOK

Tagine-style Saffron Chicken

with fresh mint, tzatziki & dried cranberries

We've taken inspiration from the traditional Moroccan tagine to make this warming and comforting dinner. It's loaded with lemon, saffron, kalamata olives, and NOMU Roast Rub. Sided with couscous loaded with dried cranberries and fresh mint - this is one to remember!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

Adventurous Foodie

Bertha Wines | Bertha Rosé

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Ingredients & Prep

1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Roast Rub
150g	Free-range Chicken Mini Fillets
30g	Pitted Kalamata Olives
3g	Fresh Mint
1	Onion <i>peel & roughly slice</i>
50ml	Golden Water <i>(0,3g Saffron & 50ml Water)</i>
2,5ml	Ground Turmeric
15ml	Lemon Juice
75ml	Couscous
10g	Dried Cranberries
40ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MARINATION TIME In a bowl, combine the grated garlic, the NOMU rub, seasoning, and a generous drizzle of oil. Add the chicken mini fillets and toss until fully coated. Set aside to marinate for at least 10 minutes.

2. BROWNE CHICKY While the chicken is marinating, drain and halve the olives. Rinse, pick and roughly chop the mint. Place a pan over medium heat with a drizzle of oil. When hot, remove the chicken from the marinade (reserving the marinade) and fry until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

3. TAGINE PREP Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the golden water with the saffron strings, the reserved marinade, a sweetener (to taste), and the turmeric. Simmer until reduced and slightly thickened, 4-5 minutes (shifting occasionally).

4. FINISH THE TAGINE When the sauce is done, mix through the browned chicken and the halved olives. Drizzle over the lemon juice (to taste) and remove from the heat.

5. CRANBERRY-LACED COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Once cooked, add ½ the chopped mint, seasoning, and the dried cranberries.

6. OMG YUM! Plate up the chicken tagine. Dollop over the tzatziki and side with the minty couscous. Scatter over the remaining mint. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	659kJ
Energy	158kcal
Protein	14.2g
Carbs	18g
of which sugars	2.4g
Fibre	2.8g
Fat	2.4g
of which saturated	0.5g
Sodium	272mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days