



# 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!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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Adventurous Foodie

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Bertha Wines | Bertha Rosé

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## Ingredients & Prep

1	Garlic Clove <i>peel &amp; grate</i>
20ml	NOMU Roast Rub
300g	Free-range Chicken Mini Fillets
60g	Pitted Kalamata Olives
5g	Fresh Mint
1	Onion <i>peel &amp; roughly slice</i>
100ml	Golden Water <i>(0,6g Saffron &amp; 100ml Water)</i>
5ml	Ground Turmeric
30ml	Lemon Juice
150ml	Couscous
20g	Dried Cranberries
80ml	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. You may need to do this step in batches. 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 150ml 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