

DINNERLY



Chicken, Chickpea & Eggplant Tagine

Developed by Our Registered Dietitian



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Need something new to add to your rotation? This tagine is the way to go. The North Africa tomato-based stew is oh so savory and satisfying, especially with hearty chickpeas, chicken and eggplant to soak it up. Toss in golden raisins for a hint of sweetness, then serve it up over fluffy couscous. We've got you covered!

WHAT WE SEND

- 3 oz couscous ¹
- 1 yellow onion
- 1 eggplant
- ¼ oz ras el hanout
- 8 oz tomato sauce
- 15 oz can chickpeas
- 1 oz golden raisins ¹⁷
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- sugar

TOOLS

- small saucepan
- medium ovenproof skillet
- aluminium foil

ALLERGENS

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 800kcal, Fat 32g, Carbs 129g, Protein 55g



1. Cook couscous

Preheat oven to 375°F with a rack in the center.

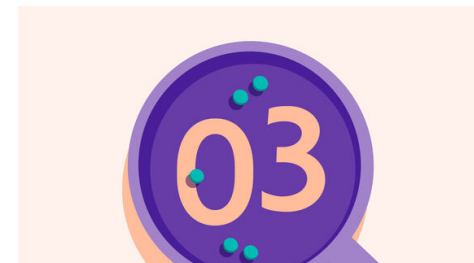
In a small saucepan, combine ½ cup water and ¼ teaspoon salt. Cover and bring to a boil over high heat. Stir in **couscous**, then remove from heat. Cover and set aside until ready to serve.



2. Brown eggplant

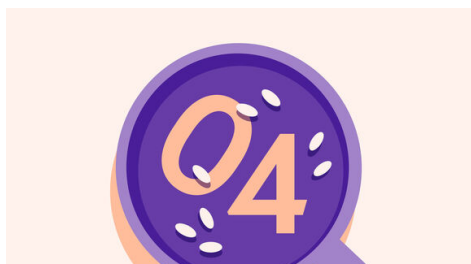
Finely chop **onion**. Finely chop 1 teaspoon **garlic**. Quarter **eggplant**, then cut into ½-inch pieces. Pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat 2 tablespoons oil in a medium ovenproof skillet over high. Add eggplant; cook, stirring occasionally, until golden all over. Transfer to a plate; sprinkle with **salt**.



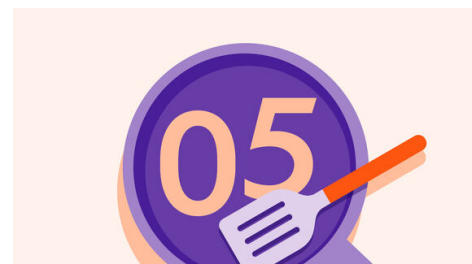
3. CHICKEN VARIATION

Heat 1 tablespoon oil in same skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to plate with **eggplant**.



4. Build tagine

Heat 1 tablespoon oil in same skillet over medium. Add **onions** and a pinch of **salt**; cook, stirring, until softened, 3–4 minutes. Add **ras el hanout** and **chopped garlic**; cook, stirring until fragrant, 1 minute. Stir in **tomato sauce, chickpeas and their liquid, raisins**, and ½ teaspoon **sugar**; bring to a simmer. Stir in **eggplant and chicken**. Off heat, drizzle with **oil**.



5. Bake tagine & serve

Loosely cover skillet with foil; bake on center oven rack until flavors have melded and **eggplant** is tender, 15 minutes. Season to taste with **salt** and **pepper**.

Serve **chicken & eggplant tagine** with **couscous**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.