Harissa chicken with olives and chickpeas

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	1 Hrs
מנות	4
התקן	Combair SEP from 2015

Harissa chicken

800 g chicken thighs, skinless, boneless

2 cloves of garlic

150 g olives, taggiasca, pitted

2 tbsp harissa paste

1 tbsp cane sugar

Salt

Pepper

Put all the ingredients in a mixing bowl. Marinate and season the chicken.

(Pre-)heat cooking space to 160 °C with Hot air humid

1 tin of chickpeas, about 400 g

2 lemons

400 g date cherry tomatoes

Put the chickpeas in the porcelain dish and sit the marinated chicken on top.

Cut the lemons in half and place in the porcelain dish as well. To finish, scatter the tomatoes over the top. Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

Put the food in

Hot air humid 160 °C for 1 Hrs

Take the chicken out of the cooking space. Remove the caramelized lemon from the dish and squeeze over the chicken.

Lemon gremolata

50 g parsley, flat-leaved

1 lemon

2 cloves of garlic

For the gremolata, zest and juice the lemon. Peel and crush the garlic. Pull the parsley leaves off the stalks and chop finely. Mix 1 tbsp of lemon zest, 1 tbsp of lemon juice, garlic and parsley together.

Serve the chicken with the lemon gremolata.

אביזרים

Porcelain dish ½ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	25.02.2020