



## CHICKEN FATTEH

An old favorite Levantine dish. Simple and delicious. Has different variations (chicken, eggplant, etc)

**Nutrition Facts Per Serving:** Calories 1328, Protein 120g, Carbs 69g, Fat 77g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 30 min, **Cooking Time:** 60 min



## INGREDIENTS:

Chicken  
Broth Ingredients (Onion &  
Whole Spices)  
Red Sauce Mix (Tomato Paste,  
Pomegranate Molasses, Lemon  
Juice, Salt)

Tahini, Plain Yogurt  
Sunflower Oil  
Parsley  
Pine Nuts  
Pita Bread

## **Cooking Chicken**

1. Place a **heavy pot** over medium heat. Add half the oil and swirl to heat.
2. Add the chicken pieces & brown over (3-5 min)
3. Add boiling water to cover the chicken with about 2 cm excess.
4. Increase heat to max & bring to rapid boil. Skim & discard all froth that forms.
5. Add the broth ingredients & cover, reduce the heat to low & simmer covered 35 min, or until chicken is very tender. Meanwhile, do steps 6-9

## **Preparing Tahini Mix, Toasting Bread and Toasting Pines:**

6. Combine tahini & yogurt & whisk until smooth. Adjust salt to taste.
7. Preheat oven to 180C, place bread squares in shallow dish single layer & toast in oven for 5 min turning once until crunchy. Do not over bake. Take out from oven & cool to room temp.
8. Place large saucepan over medium heat, add the remaining oil & swirl to heat.
9. Add pine nuts & stir gently for 1 min or until light golden. Remove to absorbent paper retaining most of the oil in the saucepan. Turn heat off until broth is ready.

## **Seasoning Chicken**

10. Remove chicken to a plate & allow to cool slightly while keeping the broth simmering on low heat uncovered.
11. Remove meat from the chicken by hand or fork & keep in a bowl. Return bones & skin to the simmering broth & cook uncovered for 10 min. Strain in colander retaining broth only.
12. Season the chicken with some salt & pepper to taste tossing to combine well (we suggest about half the amount provided), keeping some for the sauce.

## **Preparing Red Sauce**

13. Reheat the oil in saucepan over medium heat. Add onions & a pinch of salt & keep stirring until it starts to turn golden. Add the strained broth, red sauce & a pinch of pepper. Stir well to mix. Bring to boil, then reduce heat to low & simmer uncovered 5 min. Adjust salt to taste.

## **Putting it together**

14. In a deep serving dish combine chicken & bread, add red sauce a ladle at a time & toss to mix, bread & chicken should be all wetted but not over soggy.
15. Even out the surface with a spoon & spread the yogurt mixture evenly on top avoiding to mix into the chicken-bread mix. Top with nuts and parsley and serve with remaining broth on the side.