

Chicken and plum tagine

Cuisine: **South-East Asian**

Food category: **Poultry**



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Company: **Retigo**



Program steps

Preheating: **135 °C**

1

Combination

50 %

Termination by time

03:00 hh:mm

120 °C

80 %

Ingredients - number of portions - 8

Name	Value	Unit
chicken legs	1	kg
red onion	2	pcs
ground white pepper	10	g
tagine spice	20	g
saffron, scar	0.125	g
salt	5	g
lemon peel	1	pcs
dried plums	24	pcs
garlic cloves, finely chopped	6	pcs
extra virgin olive oil	20	ml
almonds	100	g
Coriander leaves, finely chopped	10	g

Directions

1. Set the oven on combi at 120°C.
2. Place all the ingredients in a tagine.
3. Cook for 3 hours.

Nutrition and allergens

Allergens: 8	
Minerals: Fe, I, K, P, Se, Zn	
Vitamins: A, B, C, E	
Nutritional value of one portion	Value
Energy	280.8 kJ
Carbohydrate	2.1 g
Fat	18.1 g
Protein	26.6 g
Water	0 g

Recommended accessories



GN container Stainless
steel full