



MOROCCAN CHICKEN BASTILLA

577
calories

41.7 g
carbs

69.1 g
protein

15.4 g
fat

INGREDIENTS for two servings

DIRECTIONS

for the filling

1 large onion
1 bunch parsley
2 garlic cloves
1/4 tsp cinnamon
1/4 tsp ginger powder
1 pinch turmeric
1/4 tsp saffron (powder)
1 tbsp sweetener
salt to taste

Finely chop the onions and parsley, and crush the garlic cloves

Sauté all ingredients in a non-stick pot over medium-high heat until onions become translucent

2 chicken breasts
1/2 litre boiling water

Push the sautéed onion-parsley mix to the border of the pan, and place the chicken breasts in the middle of the pan to briefly brown them on both sides

Once the chicken is browned on both sides, add about 1/2 litre of boiling water to the pan (or just enough to cover the chicken breasts)

Simmer on low heat until chicken is fully cooked through (about 15 min)

Once cooked through, remove chicken from the pan and add it into a large bowl and shred it (either with forks or with an electric mixer)

To keep the chicken moist, pour over some of the liquid in the pan (careful to not get any onions or parsley in the meat)

1 egg
100g egg whites

Add to the onion-parsley sauce and cook over high heat until the eggs are completely done and all the liquid has evaporated

Once done, transfer the mix into a sieve and let it strain for about 30mins to allow any excess moisture to drip out

30g almonds
2 tbsp sweetener
1/2 tbsp cinnamon

Roast almonds over medium-high heat, transfer to cutting board, and chop roughly

Transfer chopped almonds in a small bowl and mix with cinnamon and sweetener

INGREDIENTS for two servings

DIRECTIONS

for the assembly

4 Filo dough sheets
(166g)

Preheat the oven to 190°C / 375°F

Lightly oil a small round baking dish and carefully place the filo sheets in the dish one by one, lightly spraying every layer with a bit of oil

Add in the shredded chicken, followed by the onion-parsley-egg mix, and finish with the cinnamon almonds

Fold the filo layers over top to 'close up' the pie and bake for 20-30min or until the filo is nice and golden brown around the edges

