

MOROCCAN-SPICED CHICKEN

I wanted to turn delicious traditional flavors of Moroccan tajine into a quick and easy-to-cook dish with a marinade that blitzes together in a minute and can also be used on hearty vegetables such as zucchini or carrots. You could serve this with couscous or if you are gluten free, millet or even parsley-specked cauliflower rice both are great alternatives.

INGREDIENTS

1 1/2 lbs boneless, skinless chicken thighs, trimmed and cleaned
Salt

MARINADE

1/4 cup olive oil
1/2 lemon, juiced
4 cloves garlic
2 Medjool dates, pitted
1 teaspoon paprika
1 teaspoon turmeric
1 teaspoon ground coriander
1/2 teaspoon ground ginger
1/4 teaspoon cinnamon
1/4 teaspoon black pepper

MAKES FOUR SERVINGS

- 1 In a small blender, combine olive oil, lemon juice, garlic cloves, dates, paprika, turmeric, coriander, ginger, cinnamon, and black pepper and blend into smooth. (We tried this in a mini chopper and it was chunkier than we wanted.)
- 2 Place the chicken thighs in a shallow dish, pour the marinade over the chicken and massage. Cover the dish and refrigerate for at least 30 minutes, but not longer than two hours.
- 3 Place a tray about 6 inches from the broiler. Preheat the broiler.
- 4 Prepare a rimmed baking sheet with aluminum foil. Removing some of the marinade, place the chicken thighs on the baking sheet and sprinkle generously with salt.
- 5 Put the baking sheet in the oven and broil for 5-6 minutes. Remove the chicken, flip each piece, season generously with salt, and broil for another 5-6 minutes. (Watch carefully to make sure the chicken is not charring too quickly. If it is, move the baking sheet down a rack.)

NOTES

- Reserve some of the marinade for vegetables such as zucchini or carrots. Cut zucchini in 1/4 to 1/2-inch circles and carrots into 1/2-inch pieces. Broil the zucchini for 3 minutes. Broil the carrots for 5-10 minutes depending on thickness. Run a knife through the carrots to check if done.
- You can grill this chicken outside or on an indoor grill pan. We used a grill pan and cooked the chicken for 7 minutes on one side, flipped it and cooked it another 4 minutes. We preferred the broiler since there was less mess to clean up.
- Tastes great with a dairy-free, easy yogurt sauce: 1/2 cup coconut or almond yogurt, 1/2 lemon juiced, and 1/2 teaspoon salt. Stir well.