

# Pan-Seared Moroccan Spiced Chicken



*This easy, delicious chicken dish is perfectly crisp on the outside and coated with a homemade spice blend that adds a rich depth of flavor. Try pairing this recipe with a side of couscous or quinoa salad and your favorite vegetable.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

*For Moroccan Spice Blend:*

1 tsp	Paprika, regular or smoked
½ tsp	Cumin, ground
¼ tsp	Brown Sugar
¼ tsp	Cardamom
¼ tsp	Ginger, ground
¼ tsp	Salt, Kosher or Sea preferred
1/8 tsp	Allspice, ground
1/8 tsp	Black Pepper, ground
1/8 tsp	Cinnamon, ground
1/8 tsp	Cayenne Pepper

*For Searing the Chicken:*

1 lb	Chicken, Thighs, boneless, skinless
1 Tbsp	Canola or Vegetable Oil, divided

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine all of the seasonings and stir well to blend.
3. Trim any excess fat from chicken and season the pieces with all of the Moroccan Spice Blend evenly to coat.
4. Place a medium non-stick sauté pan over medium-high heat and once hot, add 1 Tbsp of oil.
5. Add the chicken thighs and cook undisturbed until browned and crisp on the first side before flipping to sear on the other side. Rotate the pan as needed to ensure even cooking.
6. Cook the chicken to an internal temperature of 165°F. Remove from the pan and allow to rest for about 5 minutes before slicing and serving.

# Nutrition Facts

4 servings per container

**Serving** 1/4 lb Chicken Thighs ~ 1 each

**Size** (119 g)

Amount per serving

**Calories** **170**

**% Daily Value \***

**Total Fat 8g** **10%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol 105mg** **36%**

**Sodium 230mg** **10%**

**Total Carbohydrate less than 1g** **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein 22g** **45%**

Vitamin D 0.03mcg 0%

Calcium 10mg 0%

Iron 0.98mg 5%

Potassium 300mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

