

# 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>6 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	Kosher Salt
⅛ tsp	Allspice, ground
⅛ tsp	Black Pepper, ground
⅛ tsp	Cinnamon, ground
⅛ tsp	Cayenne Pepper

*For Searing the Chicken:*

1.5 lbs	Chicken, Thighs, boneless, skinless
1 Tbsp	Olive Oil

## CHEF'S NOTES

The Moroccan Spice Blend works well on tofu, lamb, or vegetables too. Try it on roasted winter squash or potatoes!

Make the Moroccan Spice Blend in bulk so that it's ready whenever you want to add a flavor boost. Store in an airtight container for up to 6 months.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine all the seasonings and stir well to blend.
3. Trim any excess fat from chicken and season the pieces with all 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, about 2-3 minutes. Reduce heat to medium-low. Rotate the chicken in 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

6 servings per container

**Serving size** 4 oz (~1 thigh) (117g)

**Amount Per Serving**

**Calories** **160**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 95mg **32%**

**Sodium** 180mg **8%**

**Total Carbohydrate** <1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 22g **44%**

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 1.4mg 8%

Potassium 280mg 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.

