

Moroccan Chicken

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This Moroccan chicken is a one pot meal with chicken thighs, green olives and spices, all simmered together until tender. A unique and unexpected dinner option that's full of bold flavors.

Course	Main
Cuisine	Moroccan
Prep Time	15 minutes
Cook Time	35 minutes
Total Time	50 minutes
Servings	6
Calories	388kcal
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Ingredients

For the spice blend

- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground turmeric

For the chicken

- 1 tablespoon olive oil
- 6 bone-in, skin-on chicken thighs
- salt and pepper to taste
- 1 onion halved and sliced
- 1 1/2 teaspoons minced garlic
- 2 tablespoons all purpose flour
- 1 1/2 cups chicken broth
- 1/4 cup golden raisins
- 1/2 cup pitted green olives

- 2 teaspoons lemon juice
- 1/4 cup chopped cilantro leaves

Instructions

For the spice blend

1. Add all the spices to a small bowl. Stir until combined.

For the chicken

1. Heat the oil in a large pot over medium heat. Preheat the oven to 375 degrees F.
2. Season the chicken thighs on both sides with salt and pepper.
3. Place the chicken skin side down in the pan. Cook for 4-5 minutes per side, or until browned.
4. Remove the chicken from the pan. Add the onion and cook for 4-5 minutes or until softened. Add the garlic and cook for 30 seconds.
5. Add the spice blend and flour to the pan. Cook, stirring constantly, for 30 seconds. Stir in the chicken broth. Add salt and pepper to taste.
6. Add the chicken back to the pan. Stir in the raisins.
7. Cover the pan and bake for 25-30 minutes or until chicken is tender.
8. Remove the pan from the oven. Uncover, then stir in the olives and lemon juice. Spoon the sauce over the chicken. Sprinkle the cilantro over the top, then serve.

Nutrition

Calories: 388kcal | Carbohydrates: 12g | Protein: 24g | Fat: 22g | Saturated Fat: 7g | Cholesterol: 141mg | Sodium: 272mg | Potassium: 481mg | Fiber: 2g | Sugar: 5g | Vitamin A: 3885IU | Vitamin C: 6mg | Calcium: 31mg | Iron: 2mg