NORTH AFRICAN · LUNCH · DINNER

Moroccan-Spiced Baked Chicken Thighs with Couscous

60 min · Serves 6 · 587 kcal a serve · Video 7:18 · The Mediterranean Dish

No dairy listed · No nuts listed

About 42 g of protein a serve, with carrots, celery and onion roasted in the same dish, parsley stirred through the couscous, and a sauce of just olive oil, tomato paste and spices. Rich in vitamin A, vitamin B6, zinc and selenium.

Diet notes: Low saturated fat (6.4 g, 9.8% of the energy).

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Ingredients 20 · SERVES 6

- [ ] 80 ml extra **virgin olive oil**
- [ ] 1 tablespoon **red wine vinegar**
- [ ] 4 tablespoons **tomato paste**
- [ ] 4 **garlic** cloves, minced
- [ ] 2 teaspoons **ras el hanout**
- [ ] ½ teaspoon **ground cinnamon** (of 1 tsp; the other ½ tsp goes in the couscous)
- [ ] ¾ teaspoon **ground ginger**
- [ ] 1.1 kg **chicken thighs**, boneless and skinless (6 to 8)
- [ ] **kosher salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 3 **carrots**, cut into 2.5 cm pieces
- [ ] 2 **celery ribs**, cut into 2.5 cm pieces
- [ ] 1 large **red onion**, halved and cut into 1.5 cm slices
- [ ] **Olive oil**: a drizzle of extra virgin olive oil over the vegetables (about ½ tbsp)
- [ ] 1 tablespoon extra **virgin olive oil**, to toast the couscous
- [ ] 180 g instant (Moroccan) couscous
- [ ] **Water**: 240 ml boiling water or chicken broth, for the couscous (absorbed)
- [ ] ½ teaspoon **ground cinnamon**, for the couscous
- [ ] 15 g **fresh parsley**, chopped
- [ ] a handful of **raisins** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220°C. Whisk the olive oil, vinegar, tomato paste, garlic, ras el hanout, cinnamon and ginger. 0:12
2. Pat the chicken dry, season both sides with salt and pepper, and coat with about three-quarters of the spice mixture. 1:47
3. Toss the carrots, celery and onion with salt, pepper, the rest of the spice mixture and a drizzle of olive oil. Spread them in a large baking dish, flat sides down, and add the chicken. 2:49
4. Bake 40–45 minutes until the chicken is cooked through and the vegetables are soft and lightly charred. 4:31
5. Meanwhile, toast the couscous in 1 tbsp olive oil in a saucepan until golden, pour in 240 ml boiling water or broth, season with salt, cover and take off the heat for 10 minutes. 4:39
6. Fluff the couscous with ½ tsp cinnamon and the parsley, spoon it in between the chicken pieces to soak up the pan juices for 5 minutes, and scatter with raisins if you like. 5:48

> **Tip** The cook says it is Moroccan-inspired rather than traditional. You can rub the chicken the night before. Leftovers keep 3–4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
587 kcal	**42 g**	**34 g**
2,460 kJ	84% of a day	29 g net · 6.7 g sugars
		12% of a day

FIBRE	FAT	SODIUM
4.3 g	**31 g**	**570 mg**
15% of a day	6.4 g saturated	25% of a day
	40% of a day	

Energy from net carbs 21% · protein 30% · fat 49% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 107% · Vitamin K 56% · Vitamin B6 41% · Zinc 39% · Vitamin A 38% · Vitamin B12 35% · Vitamin E 24%

Source of (10–19%) Iron 18% · Potassium 17% · Magnesium 15% · Omega-3 14% · Vitamin C 13% · Folate 12%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=zGmETz_HrRE, published 22 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-spiced-chicken-thighs-couscous