PALESTINIAN · DINNER

Grilled Sumac Chicken Thighs

50 min · Serves 6 · 337 kcal a serve · Video 8:14 · The Mediterranean Dish

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

30 g protein and under 4 g net carbs a serve: boneless chicken thighs marinated in a blended onion, garlic, lemon, sumac, Aleppo pepper and allspice paste, then grilled. No sugar, flour or dairy.

Diet notes: Low carb (3.5 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 10 · SERVES 6

- [ ] 1 medium **yellow onion**, quartered
- [ ] 3 large **garlic** cloves
- [ ] 2 tsp **sumac**, plus more to garnish
- [ ] 1 tsp **Aleppo pepper**
- [ ] 1 tsp **ground coriander**
- [ ] ½ tsp **ground allspice**
- [ ] 1 **lemon**, juiced
- [ ] extra **virgin olive oil**, enough to coat the chicken (about 60 ml)
- [ ] 8–10 **boneless**, skinless chicken thighs (about 900 g)
- [ ] **Salt**: kosher salt and black pepper, to taste

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

Allergens found in the listed ingredients: none. 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. Put the quartered onion, garlic, 2 tsp sumac, Aleppo pepper, coriander, allspice and lemon juice in a food processor with the olive oil and blend to a chunky marinade. 0:16
2. Pat the chicken thighs dry and season well with kosher salt and black pepper. 2:59
3. Put the chicken in a zip-top bag, add the marinade, seal and massage until every piece is coated. 3:32
4. Refrigerate at least 30 minutes (or up to overnight), turning the bag now and then. 4:29
5. Heat a grill to medium-high. Grill halved lemons cut side down, with no oil, until they have char marks; set them aside for squeezing. 4:58
6. Shake the excess marinade off the chicken and grill in one layer, covered, about 5 minutes; turn and grill 3–5 minutes more, until at least 74°C in the thickest part. Rest 5 minutes, then serve sprinkled with more sumac with the grilled lemons. 6:06

> **Tip** The blended onion marinade tenderises the thighs as well as flavouring them, so give it at least half an hour.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
337 kcal	30 g	4.6 g	1.1 g	22 g	500 mg
1,410 kJ	60% of a day	3.5 g net · 1.3 g sugars	4% of a day	4.7 g saturated	22% of a day
		2% of a day		28% of a day	

Energy from net carbs 4% · protein 36% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 51% · Zinc 28% · Vitamin B12 28% · Vitamin B6 28%

Source of (10–19%) Vitamin E 12% · Iron 11% · Omega-3 10%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=mf8cX_DrdBY. 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/tmd-grilled-sumac-chicken-thighs