Moroccan Spiced Chicken Thighs
This is an easy tasty recipe for grilled or roasted chicken. The crunchy bits of
marinade are absolutely delish! we like thighs but use breast if you prefer and adjust
the cooking time accordingly.
Ingredients:
2 TBL fresh mint, chopped
2 TBL fresh cilantro, chopped
¼ cup grated onion
2 TBL fresh lemon juice
1 tsp kosher salt
2 TBL olive oil
2 tsp Ras el Hanout
8 skinless chicken thighs
Spices Used: Ras el Hanout
Instructions:
1 - In a large bowl combine mint, cilantro, onion, lemon juice, salt,
olive oil and Ras el Hanout. Stir well.
2 - Pat dry chicken with paper towels. Add to marinade and stir to
ensure chicken is well coated with marinade.
3 - Cover and refrigerate at least an hour or up to 6 hours. Stir
half-way.
4 - Pre-heat BBQ or grill, scraping and brushing with oil.
5 - Remove thighs from marinade and grill over medium high heat
for 10-15 minutes per side until juices run clear.
6 - Serve with our Golden Fragrant Rice and your favourite
vegetables like Moroccan glazed carrots.