

Moroccan Chicken Thighs

Susan Mills - Three Rivers, CA
Taste of Home - August 2020

Servings: 2

1/2 teaspoon brown sugar
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon ground cinnamon
1/8 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon pepper
2 teaspoons all-purpose flour
4 (1-1/2 pounds) bone-in chicken thighs, skin removed
1 tablespoon olive oil
SAUCE

3 shallots, chopped
1/2 cup + 2 tablespoons reduced-sodium chicken broth, divided
4 pitted dates, chopped
1 teaspoon all-purpose flour
1 1/2 teaspoons fresh cilantro, minced

COUSCOUS

1/4 cup water
3 tablespoons reduced-sodium chicken broth
1/8 teaspoon salt
dash ground cumin
1/3 cup uncooked couscous
1 1/2 teaspoons slivered almonds, toasted

Preparation Time: 25 minutes

Cook Time: 40 minutes

In a small bowl, combine the sugar, coriander, cumin, paprika, cinnamon, garlic powder, salt and pepper. Set aside one teaspoon of the spice mixture. Add the flour to the remaining mixture. Sprinkle over the chicken.

In a large nonstick skillet, brown the chicken on both sides in oil. Remove and keep warm. Add the shallots to the pan. Cook and stir over medium heat for 3 minutes. Stir in 1/2 cup of the broth and the dates. Bring to a boil. Reduce the heat. Return the chicken to the pan.

Cover. Simmer until the juices run clear, 20 to 25 minutes. Remove the chicken and keep warm.

In a bowl, combine the flour with the reserved spice mixture and two tablespoons of broth until smooth. Gradually stir into the pan. Bring to a boil. Cook and stir until thickened, about 2 minutes. Stir in the cilantro.

For the Couscous: In a saucepan, bring the water, broth, salt and cumin to a boil. Stir in the couscous. Cover and remove from the heat. Let stand until the water is absorbed, about 5 to 10 minutes. Fluff with a fork. Stir in the almonds.

Serve the couscous with the chicken and sauce.

Per Serving (excluding unknown items): 153 Calories; 8g Fat (46.1% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 261mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.