

Easy Harissa Chicken Dinner

This simple one-pan meal packs lots of flavor thanks to the North African-inspired Easy Harissa Sauce.

Ingredients

Chicken, Vegetables & Beans:

- 1/2 tsp (2 mL) ground coriander
- 1/4 tsp (1 mL) each salt and pepper
- 4 small bone-in, skin-on chicken thighs (about 2 lbs./1 kg), trimmed of excess fat and skin
- Olive oil for spraying chicken and grill stone
- 1 large carrot, peeled
- 1 medium zucchini
- 1 can (16 oz/454 g) chickpeas, drained and rinsed
- 1/4 cup (50 mL) fresh parsley, chopped

Easy Harissa Sauce:

- 1 jar (12 oz/340 g) roasted red peppers, drained and rinsed
- 1 chipotle pepper in adobo sauce
- 1 tbsp (15 mL) tomato paste
- 1 garlic clove, pressed
- 1 tbsp (15 mL) olive oil
- 1/2 tsp (2 mL) ground coriander



pampered chef

Instructions

1. Preheat the oven to 450°F (230°C). Place the oven rack in upper third of the oven. Combine the coriander, salt, and pepper in a small bowl.
2. Arrange the chicken thighs on the Small Ridged Baker. Spray the chicken with oil using the Kitchen Spritzer, then season with the salt mixture. Microwave on HIGH for 5 minutes to par-cook the chicken.
3. Meanwhile, cut the carrot and zucchini into 2" (5 cm) segments. Slice the carrot using the Simple Slicer on the #1 setting; slice the zucchini on the #2 setting. Place the sliced carrot and zucchini in the 4-qt. (4-L) Stainless Steel Mixing Bowl. Add the chickpeas.
4. For the sauce, add all the sauce ingredients to the Manual Food Processor and process until finely chopped and blended. Add the sauce to the sliced vegetables and chickpeas. Stir to combine.
5. Spray the Rockcrok® Grill Stone with oil. Arrange the chicken on the stone. Arrange the vegetable mixture around the chicken.
6. Bake for 10 minutes or until internal temperature reaches 140°F-150°F (60°C-65°C)). (Note: at this stage, the chicken will be undercooked. It will finish cooking under the broiler, and the skin will get crispy.)
7. Remove the stone from oven. Stir the vegetables and redistribute to cover the stone. Preheat the broiler.
8. Broil for 3-5 minutes, rotating the stone halfway through, or until the internal temperature of the chicken reaches 165°F (74°C). Top with chopped parsley.

Yields 4 servings of 1 piece of chicken and 1 cup/250 mL vegetable mixture

U.S. Nutrients per serving:

Calories 330, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 130 mg, Sodium 540 mg, Carbohydrate 24 g, Fiber 4 g, Sugars 3 g, Protein 32 g

Cook's Tips:

When choosing your chicken, try to find chicken thighs that are a uniform size. This will ensure that they cook evenly.