MAKES
3

COOK TIME
40 MINS

ONE PAN MOROCCAN CHICKEN & RICE

INGREDIENTS

- 500g chicken thighs
- 2 tsp Ras el hanout, or Moroccan spice mix
- 2 tbsp extra virgin olive oil
- 3 cloves garlic, minced
- ½ red onion, diced
- ½ bunch parsley, leaves & stems finely chopped
- 2 tbsp tomato paste
- 1 cup basmati rice, rinsed
- 4 Medjool dates, pitted & chopped
- 2 cups chicken stock
- ½ lemon, sliced

To serve:

- 10 green olives, pitted
- 2 tbsp pine nuts, toasted
- 100g feta, crumbled

METHOD

1. Place the chicken thighs in a bowl and season with the Ras el hanout and a generous pinch of sea salt and black pepper.
2. Heat 1 tbsp extra virgin olive oil in a large lidded pan over a medium high heat. Sear the chicken thighs on each side for 2 minutes or until browned. Remove from the pan and set aside.
3. Add the remaining olive oil to the pan and sauté the garlic, red onion and parsley stems for 4 minutes or until the onion has softened. Add the tomato paste, basmati rice, Medjool dates and chicken stock to the pan. Stir until the ingredients are combined.
4. Add the chicken thighs back to the pan with the lemon slices. Cover with a tight-fitting lid and bring to the boil. Once boiling, reduce the heat and simmer for 20 minutes.
5. After 20 minutes, turn the heat off and leave to rest for 10 minutes. Don't remove the lid. Allowing the rice to rest will ensure it is properly cooked.
6. Remove the lid and fluff the rice. Top with sliced green olives, chopped parsley leaves, pine nuts and crumbled feta. Garnish with a final drizzle of extra virgin olive oil.

Note: if you have time, marinate the chicken with the spices and leave to sit in the fridge for an hour or two before cooking to maximise the flavour.

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