



cara price

MOROCCAN CHICKEN

INGREDIENTS

- 3 pounds chicken thighs, boneless, skinless
- 1 pint grape tomatoes
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1/4 cup chicken broth
- 2 tablespoons ghee
- 2 teaspoons olive oil
- 1 tablespoon tapioca flour
- 1 teaspoon each: ground coriander, ground cumin & salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cinnamon
- garnish: 2 tablespoons fresh chives

DIRECTIONS

combine tapioca flour, coriander, cumin, salt, pepper & cinnamon in a large shallow dish.

dredge chicken, making sure it is completely coated in seasonings.

melt ghee in a cast iron skillet over medium-high heat. brown chicken thighs, 4-5 minutes per side. remove chicken to a plate.

add olive oil in the pan & then sauté onions 3-5 minutes, add in garlic & tomatoes & continue cooking an additional 3-5 minutes, just until skin of tomatoes begins to blister. {you may need to reduce heat to keep garlic from burning}

place chicken pieces, in a single layer, back into pan on top of tomatoes & onion. pour chicken broth into the skillet. turn heat to low, cover & cook an additional 15 minutes.

garnish with chives.