

One Pan Moroccan Lemon Chicken

Moroccan lemon chicken made in one pan with fresh herbs and blistered tomatoes. The Mediterranean spices add wonderful color and robust flavors to each bite.

Ingredients:

1 ½ teaspoons cumin, ground
½ teaspoon coriander, ground
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon paprika
¼ teaspoon black pepper
1 teaspoon kosher salt
¼ cup olive oil

½ cup yellow onions, ¼-inch slices
1 cup cherry tomatoes
2 cloves garlic, roughly chopped
2 sprigs thyme, fresh
3 sprigs rosemary
1 pound chicken breast, cut into 4 pieces (I sliced the chicken breast through the center)
1 lemon, sliced into 4 wedges

Directions:

In a small bowl, combine the spice mix; cumin, coriander, onion powder, garlic, paprika, pepper, and salt. Set aside.

Evenly coat both sides of the chicken breast with a ½ teaspoon of the spice mix on each side (1 teaspoon total).

Add ¼ cup olive oil to a large sauté pan and heat oil over medium-high heat. Add the sliced onions and garlic, and sauté for 2 minutes, stirring continuously then move to the side of the pan.

Add tomatoes and cook until blistered, about 3 minutes then transfer to a bowl.

Place the four pieces of chicken in the center of the pan. Add the sprigs of rosemary and thyme so the flavor of the herbs infuse into the cooking oil. Sauté the chicken breasts for 4 minutes, until the surface is nicely browned.

Lower heat to medium, flip over and cook for 4 to 5 minutes, or until the internal temperature reaches 160F - 165°F.

Turn off the heat and squeeze half of a whole lemon over the chicken in the pan.

Remove the chicken from the pan and serve with couscous or your favorite sides.

