



Moroccan Spiced Chicken Thighs

This is an easy tasty recipe for grilled or roasted chicken. The crunchy bits of marinade are absolutely delish! we like thighs but use breast if you prefer and adjust the cooking time accordingly.

Ingredients:

2 TBL fresh mint, chopped
2 TBL fresh cilantro, chopped
¼ cup grated onion
2 TBL fresh lemon juice
1 tsp kosher salt
2 TBL olive oil
2 tsp Ras el Hanout
8 skinless chicken thighs

Spices Used: Ras el Hanout

Instructions:

- 1 - In a large bowl combine mint, cilantro, onion, lemon juice, salt, olive oil and Ras el Hanout. Stir well.
- 2 - Pat dry chicken with paper towels. Add to marinade and stir to ensure chicken is well coated with marinade.
- 3 - Cover and refrigerate at least an hour or up to 6 hours. Stir half-way.
- 4 - Pre-heat BBQ or grill, scraping and brushing with oil.
- 5 - Remove thighs from marinade and grill over medium high heat for 10-15 minutes per side until juices run clear.
- 6 - Serve with our Golden Fragrant Rice and your favourite vegetables like Moroccan glazed carrots.