

Skillet Chicken Chermoula

Chermoula is an easy and flavorful marinade originating in North Africa that can be used for chicken, fish, or even as a dip. Growing up, my parents always made their own marinades using tomatoes, onions, peppers, garlic, and herbs. Colorful, simple, and bold, this may just become your new favorite go-to dish, like it is for me.

MAKES 6 SERVINGS (6-OUNCE CHICKEN THIGH EACH)
PREPARATION TIME: 25 MINUTES

Ingredients

Chermoula Marinade:

- 1 cup fresh cilantro, finely chopped
- 1 cup fresh parsley, finely chopped
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 (14.5-ounce) can diced tomatoes, with juice
- 2 garlic cloves, minced
- 1 medium red onion, diced
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon smoked paprika
- ½ - 1 teaspoon cayenne pepper, to taste
- 1 tablespoon cumin
- 1 teaspoon black pepper

Chicken:

- 2 tablespoons olive oil
- 6 (6-ounces each) chicken thighs, raw, skin-on, bone-in, trimmed of excess fat



About the Recipe Author

Recipe by Ashley Carter, RD, LD, co-founder of EatWell Exchange, an organization focused on nutrition education with a focus on culture.



Instructions

1. In a mixing bowl, combine cilantro, parsley, orange and lemon zest and juice, tomatoes, garlic, red onion, red wine vinegar, 1 tablespoon oil, paprika, cayenne pepper, cumin, and pepper.
2. Rub half of the marinade onto chicken thighs (reserving the rest). For deeper flavor, allow to marinate at least 1 hour before cooking.
4. Heat 2 tablespoons oil in skillet on medium-high heat. Add chicken thighs, discarding used marinade. Allow to cook for 6 minutes, turn to other side, and cook for 6 more minutes, or until the internal temperature is 165°F.
5. Remove from heat and top with remaining chermoula sauce. Serve immediately.

Note: Zest orange and lemon using a grater to remove just the thin orange and yellow layer of the fruit. Juice by cutting fruit in half and squeezing by hand or using a juicing tool. Remove skin from chicken to lower saturated fat.

Nutritional Analysis (1 chicken thigh serving): 335 calories, 10 g carbohydrate, 3 g fiber, 5 g total sugar, 0 g added sugar, 15 g fat, 3 g saturated fat, 178 mg cholesterol, 39 g protein, 194 mg sodium

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