



Recipes

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Braised Marrakech Chicken

Serves 1

Ingredients:

5 cups Sweet Potatoes , diced ¼"
2 Tbsp. Vegetable Oil
4 Tbsp. Unsalted Butter
1.5 lbs. Boneless and Skinless Chicken Thighs
1 cup Pearl Onion
2 cups Sweet Onions , diced
2 Tbsp. Fresh Cilantro Leaves
.5 cup Dried Apricot
.75 cup Red Grapes
1 tsp. Cumin
1 tsp. Cinnamon
1 tsp. Paprika
1 tsp. Ginger
1 tsp. Salt
.75 tsp. Black Pepper
.25 cup Orange Juice
1.5 cups Water
2 Tbsp. Fresh Mint , chopped

Directions:

1. Toss diced sweet potatoes in vegetable oil and season with salt and pepper.
2. Place potatoes in 400° F oven for approximately 20-25 minutes or until softened; set aside.
3. In large saucepan over medium heat, add butter and diced onions. Sauté until onions are softened.
4. Season chicken thighs with seasonings and place in pan with onions. Flip halfway through cooking and add orange juice and water.
5. Continue cooking and add apricots, red grapes, pears, and onions until chicken until fully cooked about 30 minutes. Add additional liquid if needed to prevent dryness.
6. Remove chicken and lightly shred meat.
7. Add shredded chicken and sweet potatoes back to mixture.
8. Finish with cilantro and mint.
9. Remove from heat.