

Harissa Marinated Chicken

Adapted from Ottolenghi: The Cookbook

After making the harissa, I had more than enough to save and share for another cooking adventure!

Harissa Marinade Ingredients

- 1 red bell pepper
- 1/4 tsp coriander seeds
- 1/4 tsp cumin seeds
- 1/4 tsp caraway seeds
- 1 small red onion, coarsely chopped
- 3 cloves of garlic coarsely chopped
- 2 mild fresh chillies, seeded and coarsely chopped
- 1 dried red chili seeded and coarsely chopped
- 1 1/2 tsp tomato paste
- 2 Tbsp lemon juice
- 1/2 tsp salt
- 1 Tbsp Greek Yogurt
- 4 each chicken legs/thighs

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Directions

1. Place the pepper under the broiler of an oven, turning until it is blackened on all sides. Once black place pepper in a bowl, cover with plastic wrap and leave to cool. Peel pepper and discard the seeds.
2. Place coriander, cumin and caraway seeds in a dry frying pan over low heat. Heat & toast lightly for about two minutes until fragrant. Transfer the seeds to a mortar and grind to a powder with a pestle.
3. Heat olive oil in a frying pan, add the onion, garlic, and fresh and dried chillies, frying over medium heat for about 6-8 minutes, until they are all a dark, smoky colour.
4. Transfer to a blender, and combine with remaining marinade ingredients, except yogurt; you now have harissa paste!
5. Mix desired amount of paste with yogurt, and rub over chicken. Allow to marinate in the fridge, preferably overnight.

The next day preheat oven to 425°F. Place chicken on a baking sheet, and place in the oven. After 5 minutes, lower the oven temperature to 350°F, and continue cooking for 15 minutes, until chicken is almost cooked through. Now place chicken under a hot broiler for 2-3 minutes to give it extra colour and finish cooking.

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