

# Chermoula Chicken

14 ingredients · 35 minutes · 4 servings



## Directions

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1. Make the chermoula sauce by adding the parsley, cilantro, cumin, coriander, paprika, two-thirds of the salt, half of the pepper, garlic and lemon juice to a food processor and pulse to combine. While the food processor is running, stream in the extra virgin olive oil. Scrape down the sides of the bowl as needed. Set aside.
2. Preheat the oven to 400°F (204°C) and season the chicken thighs with remaining salt, remaining pepper and garlic powder.
3. In a large cast iron skillet (or other oven-safe pan) heat the avocado oil over medium-high heat. Brown the seasoned chicken thighs starting with skin sides down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate.
4. Remove any excess drippings from the pan then place the browned chicken back into the skillet skin side up. Spoon half of the chermoula sauce evenly over each browned chicken thigh. Add the water to the pan (to keep the chicken very moist while cooking) and cover the skillet with foil. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the chicken is cooked through.
5. Remove the pan from the oven and carefully remove the foil. Serve the chicken with the remaining chermoula sauce spooned over top and enjoy.

## Notes

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### Leftovers

Keeps in the fridge for up to 3 days.

### No Chicken Thighs

Use chicken breasts instead.

## Ingredients

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- 1 cup Parsley
- 1 cup Cilantro
- 1 tsp Cumin (ground)
- 1/2 tsp Coriander (ground)
- 1/2 tsp Smoked Paprika
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 Garlic (clove)
- 1 tbsp Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Chicken Thighs with Skin (boneless)
- 1/2 tsp Garlic Powder
- 1 tbsp Avocado Oil
- 2 tbsps Water