

## **Baked Moroccan Spiced Chicken Breasts**

This is one of those recipes that everyone will rave about and while 'exotic', it's super quick and easy! Give 20 minutes to marinate and another 20 minutes to cook, and you've got a gourmet meal on the table in under 45 minutes!

### **Ingredients:**

4 boneless, skinless chicken breasts

For rub:

2 tsp ground cumin

2 tsp paprika

2 tsp ground ginger

½ tsp ground cinnamon

½ tsp chili powder

¼ tsp salt

2 Tbsp extra virgin olive oil

2 cloves garlic, minced

In a small bowl, mix together cumin, paprika, ginger, cinnamon, chili powder, salt, olive oil and minced garlic, until well combined. Rub the spice mix all over each chicken breasts. Cover with plastic wrap and set aside to marinate in refrigerator at least 20 minutes, up to 24 hours.

**MAKE AHEAD HINT:** This Moroccan Spice rub can literally be mixed together in a minute so why not mix some up, rub your chicken breasts, wrap them in plastic wrap and place them in the refrigerator before heading out the door in the morning? Other than the time it takes to preheat your oven, you can have an amazing meal on the table in under 30 minutes at the end of the day!

Preheat oven to 450 degrees Fahrenheit/230 degrees Celsius. Place marinated chicken breasts on a parchment paper lined baking tray and bake for 20-25 minutes, until no longer pink on the inside. Let rest for 5 minutes before serving.

While chicken is cooking, prepare Moroccan Spiced Sauce as follows:

Ingredients:

2 small shallots, finely chopped

2 Tsp ground cumin

2 tsp paprika

2 tsp ground ginger

½ tsp ground cinnamon

½ tsp chili powder

¼ tsp salt

2 Tbsp extra virgin olive oil

1 clove garlic, minced

¼ cup finely chopped dried prunes (optional)

2 Tbsp honey

225 ml unsalted chicken broth

2 tsp low sodium soya sauce

Heat 1 Tbsp olive oil in small non-stick skillet or saucepan over medium heat. Add shallots and saute until soft and fragrant, about 2 minutes. In a small bowl, combine cumin, paprika, ginger, cinnamon, chili powder, salt, 1 Tbsp olive oil and 1 clove garlic minced – stir to combine. Drop spice mixture by spoonfuls into skillet with shallots – stir to combine. When spices become fragrant, continue cooking for another minute or so, add finely chopped prunes if using and then whisk in honey, unsalted chicken broth and soya sauce. Bring mixture to a boil, reduce heat and let simmer and reduce while chicken cooks, about 15-20 minutes.

When chicken is cooled, serve either whole or sliced and spoon sauce over the top. Serve with rice or Moroccan Couscous, (recipe can be found at [www.kimscology.com](http://www.kimscology.com) under 'Soups, Sides and Salads'). Enjoy!

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