



Tunisian-Spiced Chicken

with Buttery Polenta



30-40min



4 Servings

We always look forward to sitting down to a hearty bowl of slow-cooked, tender braised meat. We've boosted the warmth of this chicken dish with the addition of sweet, fragrant spices from north Africa, and creamy, buttery polenta. Tuck in with a fork and knife, though the chicken thighs are tender enough for a spoon. All the better to scoop up the luscious polenta and sauce! Cook, relax, and en...

What we send

- canned whole-peeled tomatoes
- fresh parsley
- ras el hanout
- quick cooking polenta
- bone in, skin on chicken thighs
- garlic
- red onion

What you need

- butter⁷
- kosher salt & ground pepper
- olive oil

Tools

- large ovenproof skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 712.0kcal, Fat 36.6g, Proteins 50.5g, Carbs 42.1g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve, peel, and thinly slice **2 cups onion**. Peel and finely chop **4 teaspoons garlic**. Pick **parsley leaves** from stems and coarsely chop leaves. Cut **tomatoes** in the can with kitchen shears until finely chopped.



2. Brown chicken

Pat **chicken** dry and trim excess fat and skin, if necessary. Season with **salt** and **pepper**. Heat **1 tablespoon oil** in a very large ovenproof skillet over medium-high. Add chicken, skin side-up, and cook until very brown, about 6 minutes. Flip and cook until skin is lightly browned, 3-4 minutes more. Transfer to a plate. Spoon off some fat from the skillet.



3. Sauté aromatics

Add **onions** to skillet, cover and cook until softened, about 3 minutes. Uncover and cook until lightly browned, 2-3 minutes longer. Add **garlic, ras el hanout spice blend, 1 teaspoon salt, and a few grinds pepper**. Cook until fragrant, about 1 minute.



4. Build sauce

Add **tomatoes** and **¼ cup water** to the skillet; cook, scraping up browned bits from the bottom of the skillet. Bring to a boil.



5. Braise chicken in oven

Return **chicken and any juices** to skillet, skin side-up, and transfer to the oven. Braise in upper third of oven until the chicken is cooked through, the skin is browned and crisp, and sauce is slightly reduced, 15-20 minutes.



6. Cook polenta & serve

Bring **5 cups water** to a boil in a medium saucepan. Whisk in **polenta** and **1 teaspoon salt**; bring to a boil. Cover and cook over medium, stirring occasionally, until tender, 5-7 minutes. Stir in **2 tablespoons butter** and **a few grinds pepper**. Spoon polenta onto plates and top with **chicken** and **sauce**. Sprinkle with **salt, parsley**, and **a drizzle of oil**. Enjoy!