



## Tunisian-Spiced Chicken

with Buttery Polenta



30-40min



2 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!



## What we send

- 1 red onion
- ¼ oz fresh parsley
- 14½ oz can whole peeled tomatoes
- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz ras el hanout
- 3 oz quick-cooking polenta
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- butter<sup>7</sup>

## Tools

- large ovenproof skillet
- small saucepan

## Allergens

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

## Nutrition per serving

Calories 960kcal, Fat 61g, Carbs 47g, Protein 54g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve and thinly slice **½ cup onion**. Finely chop **2 teaspoons garlic**. Pick and coarsely chop **parsley leaves**, discarding stems. Cut **tomatoes** in the can with kitchen shears until finely chopped.



### 2. Brown chicken

Pat **chicken** dry, then trim any excess fat and skin, if necessary. Season with **salt** and **pepper**. Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add chicken, skin side up. Cook until brown, about 6 minutes. Flip and cook until skin is lightly browned, 3-4 minutes more (chicken will not be cooked through). Transfer to a plate. Spoon off some fat from the skillet.



### 3. Sauté aromatics

Add **onions** to same skillet. Cover and cook until softened, about 3 minutes. Uncover and cook, stirring occasionally, until lightly browned, 2-3 minutes more. Add **chopped garlic** and **1 tablespoon ras el hanout spice blend**; season with **salt** and **pepper**. Cook, stirring, until fragrant, about 1 minute.



### 4. Make 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

Return **chicken and any resting juices** to skillet, skin side up, and transfer to the oven. Braise on upper oven rack until the chicken reaches 165°F internally, the skin is browned and crisp, and the sauce is slightly reduced, 15-20 minutes.



### 6. Cook polenta & serve

Bring **2½ cups water** to a boil in a small saucepan. Whisk in **polenta** and **½ teaspoon salt**; bring to a boil. Cover and cook over medium, stirring occasionally, until tender, 5-7 minutes. Stir in **1 tablespoon butter** and **a few grinds of pepper**. Spoon polenta onto plates and top with **chicken** and **sauce**. Sprinkle with **salt, parsley**, and **a drizzle of oil**. Enjoy!