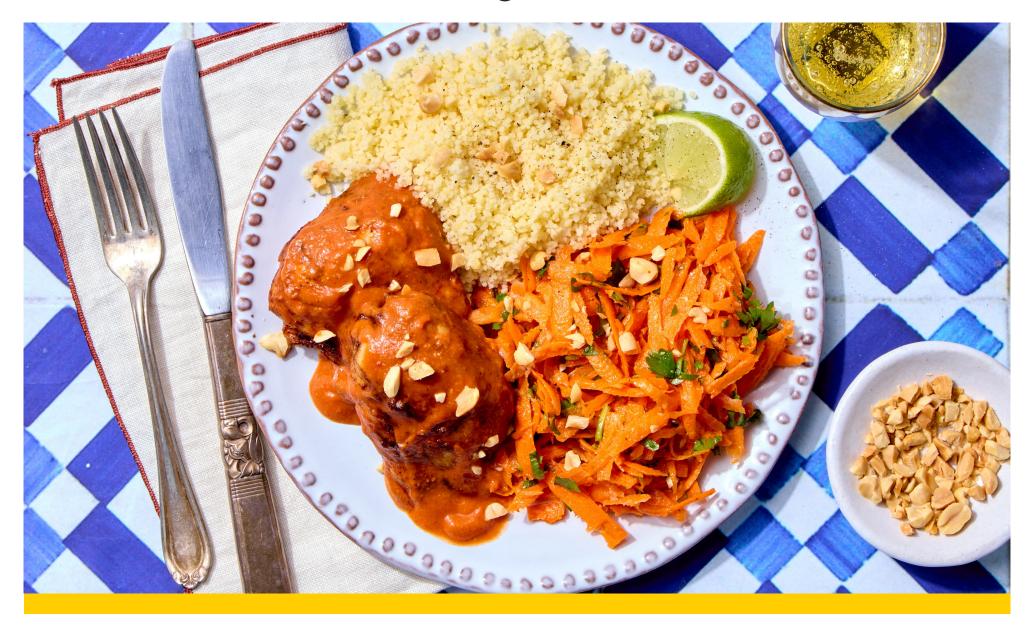
# **MARLEY SPOON**



# **West African-Style Chicken Thighs**

with Peanuts & Carrot Salad





30-40min 2 Servings

Marinate the chicken ahead of time to get a jump start on dinner and allow for the warming flavors of the berbere spice blend to mingle, creating an even more flavorful chicken thigh. The chicken can be stored in an airtight container in the refrigerator up to 4 hours before preparing. It's best to take the chicken out 30 minutes before starting the recipe for faster, more even cooking.

## What we send

- 2 carrots
- garlic
- 1/4 oz fresh cilantro
- 1 oz salted peanuts 5
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz berbere spice blend
- 1 lime
- 3 oz couscous <sup>1</sup>
- 6 oz tomato paste
- 1.15 oz peanut butter <sup>5</sup>

# What you need

- neutral oil
- · kosher salt & pepper

#### **Tools**

- box grater
- rimmed baking sheet
- small saucepan
- medium skillet

#### **Allergens**

Wheat (1), Peanuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 990kcal, Fat 52g, Carbs 56g, Protein 85g



# 1. Prep Ingredients

Preheat oven to 450°F with a rack in the upper third.

Scrub and trim **carrots**; coarsely grate on the large holes of a box grater. Finely grate **1 teaspoon garlic**. Coarsely chop **cilantro leaves and stems**. Coarsely chop **peanuts**.

Pat chicken dry.



# 2. Cook chicken

In a medium bowl, combine 1 tablespoon oil, 2 teaspoons berbere spice blend, and a generous pinch each of salt and pepper, whisking until smooth.

Add **chicken**, turning to coat. Place chicken on a rimmed baking sheet. Roast on top upper rack until cooked through, about 15 minutes.



## 3. Make salad

Squeeze **2 teaspoons lime juice** into a medium bowl, then stir in ½ of the grated garlic and **1 tablespoon oil**. Add carrots and cilantro; toss to combine. Season with salt and pepper.

Cut **remaining lime** into wedges.



# 4. Cook couscous

In a small saucepan, combine ½ cup water and a pinch of salt. Bring to a boil, then stir in couscous. Cover and remove saucepan from heat; let stand 5 minutes. Keep covered until ready to serve.



### 5. Make sauce

Heat **1 tablespoon oil** in a medium skillet over medium. Add **2 tablespoons tomato paste** and cook, stirring until slightly darkened, 1-2 minutes. Add **remaining garlic** and ½ **teaspoon berbere**; cook until fragrant, 15-30 seconds.

Add **peanut butter** and ½ **cup water**; stir until smooth. Cook until sauce is slightly thickened, 1-2 minutes. Season with **salt** and **pepper**.



6. Finish & serve

Transfer roasted chicken to skillet, turning to coat in sauce. Fluff couscous with a fork. Serve chicken thighs with couscous and carrot salad alongside. Spoon any extra sauce over chicken, then garnish with chopped peanuts. Pass any lime wedges for squeezing, if desired. Enjoy!