



## 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 medium red onion
- garlic (use 2 large cloves)
- ¼ oz fresh parsley
- 1 can whole peeled tomatoes
- 1½ lb pkg bone-in, skin-on chicken thighs
- ras el hanout (use 1 Tbsp)
- 3 oz quick-cooking polenta

## What you need

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

## 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 960kcal, Fat 61g, Carbs 47g, Proteins 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!