



HOME CHEF

Moroccan Chicken

With Citrus Salad and Hazelnuts



Ras el Hanout is a North African spice mix similar to Garam Masala. It's made with at least 10 spices, but sometimes dozens more, and includes cumin, paprika, cardamom, nutmeg, and chile peppers. In this Moroccan dish, it's used to form a caramel-y crust on chicken breasts and served with a romaine, arugula, and hazelnut salad accented with fresh grapefruit, orange, mint, and honey. It's fresh, it's spicy, and it's wonderful — don't miss this dish!

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 602
Carbohydrates: 30g
Fat: 32g
Protein: 58g
Sodium: 445mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



SOY-FREE

DRINK PAIRING

Vinho Verde and Sauvignon Blanc are great pals for the sweetly bitter flavors of citrus fruits and crisp salads. Light and refreshing—and perfect for having a glass while you cook, too.

INGREDIENTS

1 Shallot
1 Romaine Heart
3 Mint Sprigs
½ oz. Hazelnuts
2 Chicken Breasts
1 Navel Orange
1 Ruby Red Grapefruit
1 tsp. Honey
1 Tbsp. Ras El Hanout
2 oz. Arugula

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pan
2 Mixing Bowls

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Peel and mince **shallot**. Coarsely chop **romaine heart**. Stem and mince **mint**. In medium pan over medium heat, dry toast **hazelnuts** until lightly browned, shaking pan to prevent burning, about 2 minutes. Transfer nuts to a plate, coarsely chop when cool, and wipe pan clean. *Toasting nuts in a dry pan brings out flavor and aroma. Be sure to allow toasted nuts to cool before handling, as they are very hot right out of the pan.* Rinse **chicken breasts** and pat dry



Make the Citrus Supremes

To “supreme”, or make segments from **orange** and **grapefruit**, trim top and bottom of fruit. Set fruit on the bottom, and carefully slice off skin in thick strips, beginning at the top and following curve down. Holding the skinned fruit in your hand, slice between the flesh and white membrane so that clean wedges of fruit fall out between the white “walls”, leaving a membrane skeleton behind. Work over a bowl to catch fruit juices and segments. Once finished, squeeze juice out of remaining orange and grapefruit membranes into bowl.



Make the Vinaigrette

In a mixing bowl, combine 1 tbsp. of **orange juice**, 1 tbsp. of **grapefruit juice**, **honey**, **shallots** (to taste), **mint**, 2 tbsp. **olive oil**, and a pinch of **salt and pepper**. Set aside to let flavors marry.



Cook the Chicken

Heat a medium pan over medium-high heat. Season **chicken** with **Ras el Hanout seasoning** and a **pinch of salt**. Add **2 tsp. olive oil** to pan and sear chicken until dark and caramelized, about 3 minutes. Turn the chicken over, reduce the heat to medium, and cook the chicken 4-5 minutes, or until it reaches an internal temperature of at least 165 degrees. Transfer to cutting board to rest.



Finish the Salad

Add **chopped romaine** and **arugula** to the bowl containing the **vinaigrette**. Toss to combine. Season to taste with **salt and pepper**. *Tossing and seasoning salads right before plating keeps them crisp, fresh, and tasty.*



Plate the Dish

Cut **chicken** into ½” slices. Place a bed of **dressed salad** on a plate, and arrange sliced chicken on top. Garnish with **hazelnuts** and **citrus supremes**. *Ras el Hanout means “head of the shop” and is a Moroccan spice blend with no definitive recipe, but is typically the finest blend a spice merchant has to offer.*