



# HARISSA & JAFFA EASY PEELER CHICKEN THIGHS WITH SPICED RICE

Makes

6

Time

45  
minutes

Level

SIMPLE

Kcal

799  
Per portion

## You will need

- 8 x Jaffa Easy Peelers (2 zested and juiced, 6 cut into slices)
- 1 x Jaffa Seedless Lemon (juiced)
- 12 x Chicken Thighs
- 3 x Carrots (coarsely grated)
- 1 x Large Onion (thinly sliced)
- 1 x reduced-salt chicken stock cube, made up to 700ml
- 300g Basmati Rice (rinsed)
- 60g Sultanas
- 40g Flaked Almonds, toasted
- 20g Unsalted Butter
- 15g Fresh Coriander (10g roughly chopped, 5g leaves picked)
- 5g Fresh Thyme
- 100ml White Wine (or stock or water)
- 4 x TBSP Harissa paste
- 2 x TBSP Olive Oil
- 1 x TBSP Wholegrain mustard
- 1 x TSP Ground Cumin
- 1 x TSP Ground Coriander
- 1 x TSP Ground Turmeric

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## Our step-by-step guide

### Step 1

Pre-heat the oven to gas mark 7/220°C/fan 200°C. Put the Jaffa easy peeler slices in a large roasting tin with the thyme, Jaffa easy peeler and lemon juice, and the mustard. Rub the chicken thighs all over with the harissa paste to season. Arrange the chicken thighs in the tin in a single layer. Pour the wine (or stock, or water) into the tin and drizzle with 1 tbsp oil. Roast for 35-40mins until the chicken is golden, crisp, and cooked through.

### Step 2

Meanwhile, for the rice, melt the butter with 1 tbsp of oil in a wide lidded saucepan. Add the onion and cook over a medium heat for 15mins until golden and softened, stirring regularly. Add the cumin, coriander, and turmeric, cook for 2mins then stir through the rice, carrots, and sultanas.

### Step 3

Pour over the stock, season with pepper, and stir together. Bring to the boil, cover, turn the heat right down to simmer for 10 mins. Remove from the heat and set aside for 5mins with the lid still on. Stir through most of the almonds and the chopped coriander.

### Step 4

Transfer the spiced rice to a serving bowl. Put the chicken on a platter and top with the coriander leaves, remaining almonds, and Jaffa easy peeler zest.

### Step 5

Enjoy!

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