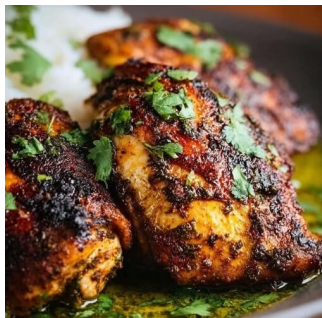


## Flavorful Moroccan Chicken: My Go-To One-Pan Dinner

4 boneless, skinless chicken breasts



**TIME**  
**4 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

For the Chicken:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- Salt and black pepper to taste

For the Spice Rub:

- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper (optional, for a little heat)

For the Sauce:

- 1 large onion, thinly sliced
- 3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes, with juice
- 1/2 cup chicken broth
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1/4 cup chopped fresh cilantro

For Serving:

- Cooked couscous or rice
- Fresh cilantro or parsley for garnish

Swaps and Notes:

Chicken: Boneless, skinless chicken breasts are great for this recipe, but chicken thighs would

also be fantastic, as they stay incredibly juicy.

**Spices:** The blend of spices is what gives this dish its Moroccan character. Feel free to adjust the amount of cayenne pepper to control the heat.

**Onion:** A red onion would work well here too and add a little more color to the dish.

**Tomatoes:** A can of fire-roasted diced tomatoes would add a great smoky flavor.

**Sweetness:** You can use brown sugar in place of honey if you prefer. The honey adds a subtle floral note that is delicious.

**Step-by-Step Instructions:**

**Prep the Chicken:** Pat the chicken breasts dry with a paper towel. In a small bowl, whisk together the cumin, coriander, smoked paprika, cinnamon, turmeric, and cayenne pepper (if using). Sprinkle this spice mixture all over both sides of the chicken breasts, along with a generous amount of salt and black pepper.

**Sear the Chicken:** In a large skillet or Dutch oven, heat the olive oil over medium-high heat. Add the chicken breasts and sear for 3-4 minutes per side, until they are golden brown. They will not be cooked through at this point. Remove the chicken from the skillet and set it aside.

**SautØ the Onion:** Reduce the heat to medium. Add the thinly sliced onion to the skillet and cook for 5-7 minutes, stirring occasionally, until it's soft and translucent. Add the minced garlic and cook for another minute until fragrant.

**Create the Sauce:** Pour in the diced tomatoes (with their juice) and the chicken broth. Scrape up any browned bits from the bottom of the pan with a spoon-this is where a lot of the flavor lives! Stir in the honey and fresh lemon juice.

**Simmer and Finish:** Return the seared chicken breasts to the skillet, nesting them into the sauce. Bring the sauce to a simmer, then reduce the heat to low, cover, and let it cook for 10-15 minutes, or until the chicken is cooked through and a meat thermometer reads 165°F.

**Garnish and Serve:** Remove the skillet from the heat. Stir in the fresh cilantro. Serve the chicken immediately, spooning the flavorful sauce over the top, and serving with a side of couscous or rice.

## DIRECTIONS

1. **Prep the : Chicken:** Pat the chicken breasts dry with a paper towel. In a small bowl, whisk together the cumin, coriander, smoked paprika, cinnamon, turmeric, and cayenne pepper (if using). Sprinkle this spice mixture all over both sides of the chicken breasts, along with a generous amount of salt and black pepper.
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7. **Tips for Success: Sear the Chicken:** Searing the chicken first gives it a beautiful golden color and a fantastic flavor base. Don't skip this step!
8. **Use a : Dutch Oven:** A large Dutch oven is perfect for this recipe because it distributes heat evenly and can go from stovetop to table.
9. **Taste the : Sauce:** Before you add the chicken back in, taste the sauce and adjust the seasonings to your liking. You can add more honey for sweetness or lemon juice for tang.
10. **Don't : Overcook:** Boneless, skinless chicken breasts can dry out quickly. Be sure to cook them just until they are done to ensure a juicy result.
11. **Serving Suggestions and Pairings:** This Flavorful Moroccan Chicken is fantastic served over a bed of fluffy couscous or rice. The sauce is perfect for soaking up! You could also serve it with a side of roasted vegetables or a simple green salad. For a full-on feast, consider pairing it with other savory meals like these Chicken Enchiladas or a simple but delicious Mexican Chicken and Rice Casserole.
12. **Nutritional Information (per serving, approximate):**  
Calories: 350 kcal
13. **Carbohydrates:** 20g
14. **Protein:** 35g
15. **Fat:** 15g
16. **Saturated : Fat:** 3g
17. **Cholesterol:** 80mg
18. **Sodium:** 650mg
19. **Fiber:** 3g
20. **Sugar:** 12g
21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** This chicken dish stores beautifully. You can keep leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, simply warm it gently in a skillet over low heat or in the microwave. The chicken and sauce will stay moist and flavorful.
23. **More Recipes You'll Love:** If you enjoy hearty, flavorful, and savory meals, you might also like these other recipes:
24. **This :** Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort
25. **These :** Easy Turkey Wings are my favorite comfort food for lazy Sundays

## SWAPS & NOTES

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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