

# Moroccan Spiced Chicken and French Lentils

## Ingredients for lentils:

- ☞ 1½ cup French lentils (lentils du Puy)
- ☞ 1 cup diced carrots
- ☞ 1 stalk celery, diced
- ☞ 4 cloves garlic, minced
- ☞ 1 large onion, chopped (about 2 cups)
- ☞ 1 leek sliced and chopped finely
- ☞ 2 tablespoons olive oil
- ☞ 2 tablespoons chopped fresh thyme
- ☞ ½ cup chopped fresh flat-leaf parsley, plus more for serving and garnish
- ☞ 2 tablespoons drained capers
- ☞ 1 teaspoon finely grated lemon zest
- ☞ 2 tablespoons fresh squeezed lemon juice
- ☞ kosher salt and pepper to taste

## Ingredients for chicken:

- ☞ 1 teaspoon garlic powder
- ☞ 1 teaspoon onion powder
- ☞ 1 tablespoon ground cumin
- ☞ 2 teaspoon smoked paprika
- ☞ ½ teaspoon ground cinnamon
- ☞ 1 teaspoon ground ginger
- ☞ 2 teaspoon ground turmeric
- ☞ ½ teaspoon ground allspice
- ☞ ¼ teaspoon cayenne
- ☞ kosher salt and pepper to taste
- ☞ 1 cup buttermilk
- ☞ ¼ cup greek yogurt
- ☞ 6 chicken breasts, boneless skinless
- ☞ Lemon wedges, for serving

## Directions for lentils:

In a large sauté pan, sauté all vegetables by heating olive oil on medium heat until onions are translucent (about 5 minutes). Add the lentils and 4 cups of chicken broth, parsley, and thyme, and bring to a boil over medium-high heat. Reduce and gently simmer covered until the lentils are tender but still hold their shape (about 35 to 45 minutes). Most of liquid should be absorbed, but if not drain a bit and leave covered and liquid will eventually be absorbed. Add additional parsley, capers, lemon zest and juice just before serving. Lentils can be served warm or at room temperature.

## Directions for chicken:

Season chicken with salt and pepper. Combine all the spices and spread all over chicken breasts on both sides. Place chicken in large quart-size ziploc and add the buttermilk, yogurt, lemon and remaining olive oil.

Preheat oven to 375°. Place chicken in a baking dish, discarding the liquid marinade, and drizzle with some additional oil if desired. Bake for about 40-45 minutes until chicken is done. Slice chicken and place atop lentils. Garnish with additional parsley and lemon wedges to your liking.

