

FROM THE COVER

# Moroccan Lemon Chicken

*with Mango Chutney*



Fresh lemon, chickpeas and a dash of spice create the Moroccan flavors in this one-skillet meal. The chicken, combined with its seasonings, actually improves with time, so don't worry about preparing it a day in advance if necessary.

## Moroccan Lemon Chicken with Mango Chutney

**INGREDIENTS:**

- 1 lemon
- 8 chicken breast halves, boneless
- 1 tablespoon salt, or to taste
- Freshly ground black pepper, to taste
- 2 teaspoons curry powder
- 2 tablespoons olive oil
- 2 cups onion, thinly sliced
- 1-1/4 cups chicken broth or water
- 2 bunches asparagus, white and green
- 1-1/2 cups chickpeas, drained and rinsed
- 1/4 cup parsley, chopped
- Mango Chutney (recipe below)

Bring a large pot of salted water to a boil. Cut the lemon in half. Juice one half and thinly slice the remaining half in rounds. Reserve.

Season the chicken with salt, pepper and a little curry powder. Heat the oil in a large nonstick skillet over medium high-heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer the chicken to a platter.

Pour off excess fat from the pan and return to the heat. Add the onion, the remaining curry powder, and 1/2 cup of broth or water to the skillet. Bring to a boil, scraping up browned bits from the bottom. Cover and cook over medium heat,

stirring occasionally, until onions are almost tender, about 5 minutes.

Return the chicken to the pan, along with 3/4 cup broth or water, the reserved lemon slices, and 1/2 teaspoon salt. Bring to a boil. Reduce the heat, cover, and simmer 15-20 minutes, turning the chicken and stirring occasionally during cooking.

Meanwhile, trim 1-2 inches off the asparagus, and cook in boiling salted water until just tender. Drain the asparagus and reserve.

Stir the chickpeas and 1/3 cup of the mango chutney in with the chicken. Simmer for 5 minutes or until the chickpeas are heated through. Stir in the reserved lemon juice to taste.

Serve the chicken with the chickpeas, garnished with chopped parsley and the asparagus, with additional mango chutney on the side.

Note: The chicken breast cut, shown on the front cover photo, is known to chefs as a *supreme*. The skin is left on and the first joint of the wing is left attached. Use a sharp knife to scrape away the meat from the wing bone.

(Makes 8 Servings/Preparation Time: 45 Minutes)

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## Spicy Mango Chutney

**INGREDIENTS:**

- 2 cups mango, chopped (about 2 medium)
- 2/3 cup dark brown sugar
- 2 tablespoons cider vinegar
- 1/2 cup raisins
- 1 tablespoon jalapeno, minced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 1/4 teaspoon salt, or to taste
- 1/8 teaspoon freshly ground black pepper, or to taste

Combine the mangos and brown sugar in a 2-1/2 quart saucepan. Add the vinegar, raisins, jalapeno, garlic, ginger, salt, and pepper, bring to a boil and simmer 15 minutes.

Transfer to clean storage container. Cover and refrigerate for up to two weeks.

(Makes 1-3/4 cups/Preparation Time: 30 Minutes)

(The recipe is found in "The Culinary Institute of America's Gourmet Meals in Minutes" which is published by Lebharr-Friedman Books, New York in hardcover and can be purchased for \$40 at your local bookstore or at [www.lfbooks.com](http://www.lfbooks.com))

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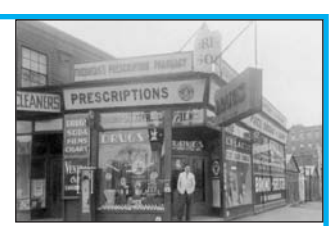
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