

# Spiced Moroccan Chicken Thighs with Citrus Carrot Salad

*Aromatic cinnamon-spiced chicken thighs with pine nut stuffing paired with a refreshing orange-carrot salad—a blood sugar friendly Mediterranean feast.*

Prep: 20 min

Cook: 40 min

Total: 60 min

Servings: 4

**GL 10.0 / GI 33**

## Ingredients

**Divided use - helps regulate blood sugar** ground cinnamon

ground cumin

ground coriander

**Healthy monounsaturated fat** extra virgin olive oil

**High in fiber and quercetin** yellow onion, thinly sliced

**Protein and healthy fats slow glucose absorption** pine nuts

**Natural sweetness, portion-controlled** raisins

**Vitamin C aids glucose metabolism** fresh lemon juice

**Quality protein for sustained energy** boneless skinless chicken thighs

**Soluble fiber moderates blood sugar** carrots, coarsely grated

**Whole fruit with fiber intact** fresh oranges

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**Non-starchy vegetables, unlimited** mixed salad greens and fresh coriander

# Instructions

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## Step 1

Preheat your oven to 190°C (375°F/Gas Mark 5). In a small bowl, combine 1 teaspoon of cinnamon with the cumin and ground coriander, mixing thoroughly to create your spice blend. Set aside half of this mixture for later use.

## Step 2

Heat the olive oil in a large frying pan over medium heat. Add the thinly sliced onion and sauté for 3-4 minutes until softened and lightly golden. Add the pine nuts and continue cooking for another 2 minutes, stirring frequently, until the nuts are fragrant and lightly toasted.

## Step 3

Stir half of the spice mixture into the onion and pine nuts, then add the raisins and the juice of half the lemon. Cook for 1 minute to allow the flavors to meld, then remove from heat and let the stuffing cool slightly.

## Step 4

Lay each chicken thigh flat on a clean work surface. Place approximately 1-2 tablespoons of the warm stuffing mixture in the center of each thigh. Fold the chicken meat over to enclose the stuffing completely, then secure with 2-3 cocktail sticks or toothpicks. Arrange the stuffed thighs in a non-stick roasting pan with the toothpicks facing down.

## Step 5

Drizzle the remaining lemon juice over the chicken pieces, then sprinkle evenly with the reserved spice mixture. Roast in the preheated oven for 30-35 minutes until the chicken is cooked through, golden brown, and reaches an internal temperature of 75°C (165°F).

## Step 6

While the chicken roasts, prepare the salad. Place the grated carrots in a large mixing bowl. Using a sharp knife, carefully cut away all the peel and white pith from the oranges. Working over the bowl to catch the juices, cut between the membranes to release the orange segments, allowing them to fall into the carrots.

## **Step 7**

Add the remaining 1 teaspoon of cinnamon to the carrot mixture along with freshly ground black pepper to taste. Toss everything together gently until well combined. The natural orange juice will create a light dressing.

## **Step 8**

To serve, arrange a bed of mixed salad leaves on each of 4 plates. Top with generous portions of the carrot-orange salad and sprinkle with fresh coriander leaves. Remove the cocktail sticks from the chicken thighs and place 2 pieces alongside each salad. Serve immediately while the chicken is hot and the salad is crisp.