



Yogurt Marinated Grilled Chicken with Harissa

 Gluten Free

READY IN



160 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon caraway seeds
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 inch ginger fresh grated peeled
- 3 cloves garlic peeled
- 1 teaspoon ground cumin
- 8 servings kosher salt
- 1 optional: lemon halved

- 2 tablespoons olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin plus more to coat the top of the harissa
- 2 tablespoons paprika
- 1 bell pepper red peeled seeded
- 1 teaspoon chile flakes red
- 8 servings sea salt
- 0.3 cup milk yogurt whole
- 1 meat from a rotisserie chicken whole cut in half

Equipment

- food processor
- bowl
- oven
- whisk
- plastic wrap
- baking pan
- grill
- kitchen thermometer
- mortar and pestle
- cutting board

Directions

- Watch how to make this recipe.
- In a large bowl, combine the yogurt, ginger, cumin, chile flakes and salt.
- Whisk until smooth and pour into a baking dish.
- Lay the chicken halves, skin-side up, in the yogurt mixture. Cover with plastic wrap and refrigerate for a couple of hours to marinate.
- Preheat a very clean grill to medium. When the grill is hot, brush with the oil.

- Remove the chicken from the yogurt, leaving any excess behind, and lay them out on the grill, skin-side down. Cook until the skin is brown and crispy, and then flip. You want to roast them, essentially, on the grill, and avoid "flaming" them or cooking them over too intense heat. That would dry them out. Grill the chicken until an instant-read thermometer inserted into the thigh registers between 155 degrees F and 160 degrees F, 35 to 40 minutes.
- Remove the chicken from the grill to a cutting board.
- Cut into small pieces or serve whole, family style.
- Transfer to a serving platter and sprinkle with lemon juice. Top with some of the Harissa and serve immediately.
- Preheat the oven to 350 degrees F.
- In a small bowl, combine the coriander seeds, cumin seeds and caraway seeds.
- Add the spices to a sheet tray and toast in the oven for 1 to 2 minutes; you should faintly detect the scent of the spices.
- Remove the tray from the oven and set aside to cool.
- Add the paprika and chile flakes to the spice mix.
- Using a mortar and pestle (or, alternatively, a food processor), grind the garlic cloves until they become a paste, and then add the red bell pepper. Season with salt, and then add the spices and the 2 tablespoons of extra-virgin olive oil and blend well. When blended, transfer the harissa to a container and top with some additional olive oil. This will keep for 3 to 6 weeks, covered, in the refrigerator.

Nutrition Facts

PROTEIN 25.63% **FAT 67.93%** **CARBS 6.44%**

Properties

Glycemic Index:20.69, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:12.123478231223%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 291.17kcal (14.56%), Fat: 22.18g (34.12%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.57g (1.74%), Cholesterol: 72.33mg (24.11%), Sodium: 464.79mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.65%), Vitamin B3: 6.91mg (34.53%), Vitamin C: 28.33mg (34.34%), Vitamin A: 1557.8IU (31.16%), Vitamin B6: 0.45mg (22.66%), Selenium: 14.44µg (20.63%), Phosphorus: 167.93mg (16.79%), Vitamin E: 2.18mg (14.56%), Iron: 1.94mg (10.76%), Vitamin B5: 1.02mg (10.22%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.49mg (9.92%), Potassium: 313.14mg (8.95%), Magnesium: 31.1mg (7.78%), Vitamin K: 8.11µg (7.72%), Fiber: 1.79g (7.14%), Manganese: 0.12mg (6.12%), Vitamin B1: 0.09mg (5.93%), Vitamin B12: 0.34µg (5.61%), Copper: 0.09mg (4.27%), Calcium: 41.65mg (4.16%), Folate: 15.17µg (3.79%), Vitamin D: 0.27µg (1.83%)