

CAFE THOMPSON RECIPE

LEMON AND TOMATO GLAZED CHICKEN THIGHS

The star flavor maker is obviously lemon juice, but before the citrus even hits the chicken, we coat the chicken with a mixture of Mediterranean spices – dried oregano, coriander, cumin and a little nutmeg and tomato paste. Then we combine lemon juice, extra-virgin olive oil, and lots of fresh garlic and onions and pour that all over the chicken!

SERVES 6



INGREDIENTS

Spice mix

- 2 teaspoons dried oregano
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon ground nutmeg

Marinade

- 1/3 cup lemon juice
- 1/4 cup extra-virgin olive oil
- 2 to 3 teaspoons minced garlic
- 1/2 cup tomato paste

Chicken

- 1 1/2 pounds (6 to 7 pieces) boneless skinless chicken thighs
- Kosher salt and pepper
- 1 large onion, diced
- 2 lemons, halved
- Extra-virgin olive oil

DIRECTIONS

In a small bowl, add the spices and mix to make the spice mixture.

In another bowl or large measuring cup, combine the lemon juice, olive oil, garlic and tomato paste to make the marinade.

Pat the chicken dry and season with kosher salt and pepper and sprinkle the spice mixture on both sides.

Place the chicken in a bowl and add the onion. Pour in the marinade and work the chicken a bit to make sure all the pieces are well covered with the marinade.

Leave the chicken to marinate, cover and refrigerate for 2 to 4 hours (or up to 8 hours).

When ready, heat the oven to 350 F. Add the lemon halves, flesh side down. The chicken's internal temperature should register 165 F.

Side dishes

Couscous
Avocado Salad

