

Skillet Moroccan Chicken

1/4 cup white wine
2 tablespoons soy sauce
1 teaspoon curry powder
1/4 teaspoon cinnamon
1/3 cup chopped prunes
1/3 cup apricot jelly or jam
olive oil for sautéing
1 red pepper, cut into bite size pieces
8 ounces (half a pound) of baby carrots, cut in half or quarters the long way
(or use regular carrots, cut into carrot sticks)
1 1/2 pounds boneless chicken thighs, cut into bite size pieces
salt to taste

1. Combine wine, soy sauce, curry powder, cinnamon, prunes, and jelly in a bowl. Let this sauce sit for a few minutes to combine flavors.
2. Heat a bit of olive oil in a large skillet over medium heat. Add the red pepper, carrots, and chicken, and sprinkle salt over the mixture. (You can use sea salt, table salt, or no salt at all if that's what you prefer. You don't need much, but it's important to sprinkle it over the whole pan to season the chicken.) Cook and stir regularly until the chicken is cooked through, about 7 minutes.
3. Stir in the sauce (from step 1) and cook it for about 2 more minutes so the sauce is heated through and thickens a bit.
4. Serve! I usually make Israeli couscous to go with this, but I think Moroccan couscous or rice would work as well.

Enjoy!

This is a great weeknight meal. It only takes about 30 minutes, beginning to end, and it is consistently delicious.

It's easy, quick and flavorful, with a slightly sweet taste that is a bit unusual.

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