

Ethiopian Berbere Chicken Thighs

with Green Beans & Parsley-Lime Couscous

Berberé, which literally means hot in Amharic (the Ethiopian language), is a chili-based spice blend used in many Ethiopian dishes. To showcase this brightly colored spice mix—made from cardamom, cinnamon, coriander, cumin, turmeric, ginger, and fenugreek, just to name a few—we simply coated chicken thighs with it before searing.



Ingredients

- 6 Ounces Green Beans
- 2 Cloves Garlic
- 1 Bunch Parsley
- 1 Carrot
- 1 Lime
- 1 Onion
- 4 Bone-In, Skin-On Chicken Thighs
- 2 Tablespoons Berbere Spice
- 1 Cup Chicken Broth
- 1 Cup Couscous
- 1 Tablespoon Butter

Makes 2 Servings
About 600 Calories Per Serving



Instructions



1 *Prepare your ingredients:*

Wash and dry the fresh produce. Trim the stems off the green beans. Peel and roughly chop the garlic. Roughly chop the parsley leaves. Peel and small dice the carrot. Cut the lime into wedges. Peel and thinly slice the onion.



2 *Sear the chicken:*

Season the chicken with salt and pepper and completely coat it in the **Berberé spice**. In a large pan, heat some olive oil on medium-high until hot. Add the **chicken thighs**, skin-side down. Cook 5 to 7 minutes, or until golden brown.



3 *Add the aromatics:*

Flip the chicken over and add the **onion**, **carrot**, and **garlic**. Cook 4 to 6 minutes, or until softened, stirring occasionally.



4 *Braise the chicken:*

Add the **chicken broth** and **green beans** and increase the heat to high. Cook 7 to 9 minutes, or until the chicken is cooked through and the liquid is slightly reduced in volume, stirring occasionally.



5 *Cook the couscous:*

While the chicken braises, in a small pot, heat **1 cup of water** and a **pinch of salt** to boiling on high. When the water comes to a boil, stir in the **couscous** and cover. Remove from heat and let stand 5 to 6 minutes, or until all of the water is absorbed. Add the **juice of half the lime**, **half the parsley**, and the **butter**. Fluff the finished couscous with a fork until well combined. Season with salt to taste.



6 *Plate your dish:*

Divide the couscous, chicken thighs, and vegetables between two plates. Spoon the pan sauce over everything and garnish with the **remaining parsley** and **lime wedges**. Enjoy!