

Spiced Chicken Couscous With Cinnamon Onions

Servings: 4

Source: Bon Appetit, Dec. '02

Ingredients

- 6 tbsp Olive Oil
- 6 cups Onions, Chopped
- 1½ Brown Sugar
- 2 teaspoons Ground Cinnamon
- 1 small Onion, Quartered
- ¼ cup Fresh Lemon Juice
- 1 teaspoon Ground Cumin
- ¾ teaspoons Ground Ginger
- ½ teaspoon Hungarian Sweet Paprika
- 4 Chicken Breast Halves, Boneless And Skinless
- 1½ cups Canned Diced Tomatoes, Undrained
- ½ cup Chicken Broth
- ¼ cup Cilantro, Chopped
- 1 (10 oz) Couscous, Freshly Cooked

Method

Heat 4 Tbsp oil in heavy large skillet over medium-high heat. Add chopped onions and stir to coat. Season with salt. Saute 20 min., stirring occasionally. Reduce heat to medium and cook until onions are very soft, stirring frequently, about 10 min. Stir in sugar and cinnamon; saute until onions are brown, about 5 min. (Cinnamon onions can be made 1 day ahead. Cover and refrigerate.)

Coarsely puree quartered onion, lemon juice, cumin, ginger, and paprika in blender. Pour into heavy-duty resealable plastic bag. Add chicken; seal bag and turn to coat. Refrigerate chicken for at least 30 min. and up to 1 hour.

Heat 2 tbsp oil in another large skillet over medium heat. Add chicken with marinade; cook until chicken is brown, about 3 minutes per side. Transfer to plate. Add tomatoes with juices and broth to skillet; boil until sauce thickens, about 6 minutes. Return chicken to skillet; spoon sauce over. Reduce heat, cover, and simmer until chicken is cooked through, about 15 minutes. Transfer chicken to plate and tent with foil. Boil sauce until slightly thickened, about 3 minutes. Stir in cilantro. Season to taste with salt and pepper.

Rewarm cinnamon onions. Mound couscous on 4 plates. Top with chicken, sauce and onions and serve.