

# One-Pot Chicken Thighs with Chickpeas & Herbs

## Ingredients:

- 3 Tablespoons avocado oil (or grapeseed oil)
- 1 Tablespoon cumin seeds (or one teaspoon ground cumin)
- 1 Tablespoon Baharat Spice Blend or Hawaij Spice Blend
- Salt
- Black Pepper
- 2 cups Basmati rice, rinsed
- 2 bunches parsley or cilantro (or one bunch of each)
- 1 can chickpeas, rinsed
- 1 large yellow onion, chopped
- 3 cups boiling water
- 1 lbs. chicken thighs, boneless and skinless

## Directions:

1. Heat oven to 375 degrees.
2. Mix together in a small bowl the oil, cumin seeds, Hawaij spice, salt and pepper.
3. Rinse the rice and place in a large skillet. Top with the chopped onion, chopped herbs, rinsed chickpeas, and half of the spiced oil mixture. Add the 3 cups of boiling water and mix together.
4. Add the chicken thighs on top of the rice and brush the chicken with the remaining spiced oil mixture.
5. Cover the pot and bake in the oven for 50 minutes.
6. Uncover and bake for extra 10 minutes until chicken thighs are browned.





