

Chicken with Harissa, Dates & Citrus

2 Servings

Using 2 Whole Chicken Legs

(Leg Quarters 骨付きもも肉)

Approx. 225 g each



Ingredients

Chicken

- 2 whole chicken legs (leg quarters), skin-on, ~225 g each (450 g total)
- Salt, to taste

Harissa Paste (Marinade)

- 1 T Simply Organic Harissa seasoning
- 1½ T olive oil
- 1½ tsp warm water
- 1½ tsp honey (reduce to 1 tsp if citrus is sweet)
- ½ tsp ground cumin
- ¼ tsp ground coriander
- 1 garlic clove, smashed

Citrus & Braising Liquid

- Zest (peel) strips from 1 medium orange
- ½ cup (120 ml) fresh orange juice
- ½ cup (120 ml) chicken stock
- 1 T fresh lime juice

Vegetable & Finish

- 2 small red onions, sliced
- ½ cup pitted Medjool dates (about 6), halved
- ½ bunch scallions, cut into 4 cm pieces
- 2 T full-fat Greek yogurt
- 2 T chopped fresh dill

Instructions

1. Make the **harissa paste** by whisking together all Harissa Paste ingredients.
2. Lightly season **chicken** with **salt**. Coat evenly with **harissa paste**. **Marinate 2–24 hours** refrigerated.
3. In a wide sauté pan, cook **red onions** and **dates** over **medium heat** until lightly caramelized, **about 5 minutes**. Remove and set aside.
4. Sear **chicken** skin-side down until golden brown, **about 6–8 minutes**. Turn and sear second side **briefly**.
5. Add **orange zest**, **orange juice** and **chicken stock**. Bring to gentle simmer.

6. Cover partially and **cook 15–20 minutes** until chicken is tender and sauce reduces to a glossy consistency.
7. Return **onion-date mixture** and **scallions** to pan. **Simmer 3–4 minutes** more.
8. Stir in **lime juice**. Adjust **salt** if needed.
9. Plate and finish with dollops of **yogurt** and **fresh dill**.

Nutrition (Per Serving)

Kcal: 610 | Protein: 46 g | Fat: 40 g | Sat. Fat: 10 g | Carbs: 24 g | Sugars: 19 g | Fiber: 2 g | Sodium: 520 mg | Omega-3: 0.3 g

Nutrition (Total Dish)

Kcal: 1,220 | Protein: 92 g | Fat: 80 g | Sat. Fat: 20 g | Carbs: 48 g | Sugars: 38 g | Fiber: 4 g | Sodium: 1,040 mg | Omega-3: 0.6 g

Addendum – Scaling by Leg Quarter Count

4 Servings (4 leg quarters, ~900 g total)

- Multiply all ingredients by 2.

Nutrition Per Serving:

Kcal: 610 | Protein: 46 g | Fat: 40 g | Sat. Fat: 10 g | Carbs: 24 g | Sugars: 19 g | Fiber: 2 g | Sodium: 520 mg | Omega-3: 0.3 g

6 Servings (6 leg quarters, ~1.35 kg total)

- Multiply all ingredients by 3.

Nutrition Per Serving:

Kcal: 610 | Protein: 46 g | Fat: 40 g | Sat. Fat: 10 g | Carbs: 24 g | Sugars: 19 g | Fiber: 2 g | Sodium: 520 mg | Omega-3: 0.3 g

Notes

- Separate thigh and drumstick at the joint for more even cooking if desired.
- Do not reduce sauce too far; it should coat spoon but remain fluid.
- Use wide Dutch oven or braiser when cooking 4 or 6 servings to avoid crowding.

