

# Lemony Sumac Chicken with Lemon Herb Board Sauce

Adapted slightly from Food52



**Servings: 4**

To make your own ras al hanout: <https://www.thespruceeats.com/easy-ras-el-hanout-simplified-version-2394676>

Note: But the best part of her Pucker Up chicken might be the roasted lemons and garlic with fresh mint and parsley in the board sauce. You really want to eat a mouthful of it with every piece of chicken!

- 1 1/2 pounds chicken thigh, without skin, boneless
- 2 large garlic cloves, smashed
- 1 cup onion, sliced
- 1 whole lemon, sliced in coins
- 1 tablespoon salt
- 1 tablespoon oregano
- 1 tablespoon turmeric
- 2 teaspoons sumac
- 1 teaspoon paprika
- 1/2 teaspoon ras el hanout (more if you like it spicy)
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 1 bunch fresh parsley, chopped
- 1 handful fresh mint, chopped, or cilantro
- 2 tablespoons honey, optional

1. Chicken: Pat dry the chicken and place on a plastic mat.
2. Combine salt, oregano, turmeric, sumac, paprika, ras el hanout, black pepper and fresh thyme. Rub spice blend onto chicken thoroughly.
3. In a large baking dish, place the smashed garlic cloves, sliced onions, and the sliced lemons on the bottom. Place the chicken on top of the lemons. If you fold the thighs into a more round shape, they will take longer to bake, so lay them all flat, or curl all of them so they're uniform.
4. Bake at 350° F for approximately 45 minutes, or until the internal temperature reaches 160-165° F. Check at the 20 minute mark and tent with foil if the skin is already browned.
6. When the chicken is done, remove from the oven to rest and make the board sauce. Board sauce is made on a cutting board with the juices from cooking and other ingredients. The juices from the cooked chicken or meat combine with the other ingredients to make a fantastic sauce.
7. Board sauce: On a cutting board with channels (less messy), chop the cooked onion, lemons and garlic from the chicken dish. You still want some texture, but chop it thoroughly. Mix with the parsley and mint. Remove 3 to 4 tablespoons of juices from the bottom of the cooked chicken dish and combine them with the honey. Add salt and pepper to taste, then add to the lemon-herb mixture, and place the chicken on top to complete resting. Or serve the chicken with the board sauce on top or on the side.

*Per Serving (excluding unknown items): 280 Calories; 7g Fat (23.6% calories from fat); 35g Protein; 19g Carbohydrate; 3g Dietary Fiber; 160mg Cholesterol; 1902mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 57mg Calcium; 4mg Iron; 607mg Potassium; 348mg Phosphorus. Exchanges: .*

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