

# Harissa-Marinated Grilled Chicken

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-harissa-pakistani-recipe>

## Ingredients:

- 2 teaspoons cumin seeds toasted
- 2 teaspoons coriander seeds toasted
- 2 red bell peppers
- 1/3 cup fresh lemon juice
- 1 yellow onion coarsely chopped
- 4 garlic cloves coarsely chopped
- 2 tablespoons harissa
- 2 teaspoons kosher salt
- 1/2 cup extra virgin olive oil
- 1 chicken about 4 lb., cut into 9 pieces
- canola oil for grilling

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 150 milligrams
4. Fat: 39 grams
5. Fiber: 2 grams
6. Protein: 47 grams
7. SaturatedFat: 6 grams
8. Sodium: 1560 milligrams
9. Sugar: 4 grams

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