

Harissa Marinated Chicken and Red Grapefruit Salad

Serves 4

Ingredients

800g chicken thigh meat (about 8-10 thighs)

For the harissa marinade

1 red pepper
1 small red onion, roughly chopped
3 garlic cloves, roughly chopped
2 mild fresh red chillies, seeded and roughly chopped
1 dried red chilli, seeded and roughly chopped
1 tbsp Greek yoghurt
2 tbsp lemon juice
½ tbsp tomato purée
½ tbsp olive oil
¼ tsp coriander seeds
¼ tsp cumin seeds
¼ tsp caraway seeds
½ tsp salt

For the red grapefruit salad

2 red grapefruits
120g peppery wild rocket
1 tsp olive oil
Coarse sea salt and freshly ground black pepper

For the sauce

150ml pink grapefruit juice
150ml maple syrup
130ml lemon juice
1 star anise
Pinch of ground cinnamon
¼ tsp salt

Method

1. Firstly make the harissa marinade. Blacken the skin of the red pepper by either placing it under a very hot grill for about 15-20 minutes or by placing the pepper directly on a gas ring for around 8 minutes. Place the pepper straight into a bowl, cover with cling film and leave to cool. Once cool, peel and deseed the pepper.
2. In a dry frying pan, over a low heat, lightly toast the coriander, cumin and caraway seeds for 2 minutes. Transfer them to a pestle and mortar and grind to a powder.

3. In a frying pan heat the olive oil over a medium heat and gently fry the garlic, onion and fresh and dried chillies for around 6-8 minutes or until they become dark and smoky in colour.
4. In a food processor, blitz together all the marinade ingredients except for the yoghurt, until it forms a paste. This is now a pure harissa paste.
5. Next marinate the chicken. Mix the harissa paste with the yoghurt and rub it all over the chicken thighs. Seal in a plastic container or in a bowl covered with cling film and leave to marinate in the fridge overnight.
6. The next day, remove the skin and pith from the grapefruit and segment the fruit. Try to keep any juice in a bowl as this can be used for the juice in the sauce.
7. Pre-heat the oven to 200°C. Place the chicken on a large baking tray, spaced well apart and cook for 5 minutes. After this time turn the oven down to 180°C and cook for another 12-15 minutes until the chicken is almost cook through. Finish the chicken off under a hot grill for 2-3 minutes or until cooked through completely, this will add extra colour to the chicken.
8. While the chicken is cooking, make the sauce. Place all the sauce ingredients in a small pan and gently simmer for about 20 minutes or until reduced to about a third.
9. To serve, toss the rocket and grapefruit segments in seasoned olive oil. Divide onto 4 plates, top with warm chicken and drizzle with about a tablespoon of the sauce.