

North African Spiced Chicken

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Ingredients

1 tablespoon ground cumin
1 tablespoon kosher salt
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons ground allspice
1 teaspoon fresh ground black pepper
1 teaspoon ground turmeric
1 pinch cayenne powder
4 boneless skinless chicken breasts
canola oil

Directions

Combine all the spices in a small bowl. Brush both sides of fish fillets or chicken breasts with oil.

Rub 1 side of the chicken breasts with the rub and grill, rub side down, until golden brown and a crust has formed, about 4 minutes.

Flip over and continue cooking for 3 to 5 minutes.