Moroccan Chicken with Sweet Potatoes

Ingredients

1.6 kg whole chicken

Salt and pepper

1 large lemon (for lemon juice, zest and wedges)

118 g chicken broth plus 1/4 cup used later if desired

Vegetables and Fruit

2 sweet potatoes, peeled and cubed about 680 grams total

1 onion, roughly chopped or sliced

4 cloves garlic peeled and cut in half

12 prunes, cut in half (or 15 if small)

1 apple, cored and cubed

1 tablespoon olive oil

Salt and black pepper

Seasoning mixture

2 tablespoon olive oil

1 1/2 teaspoon coriander

1 teaspoon paprika sweet or smoked

1 teaspoon ground cumin

2 teaspoon lemon zest from the lemon listed above

1/2 teaspoon cayenne pepper for mild heat (use 3/4 if you like spicier)

1/2 teaspoon ground cinnamon

1 1/2 teaspoon salt

Method

ADD VEGETABLES/FRUIT TO SKILLET: Place cut sweet potatoes, onions, apple, prunes and garlic in skillet. Drizzle with olive oil, salt and pepper. Toss. Create a space in centre for chicken to sit in, moving vegetables and fruit to sides of skillet.

PREPARE CHICKEN: Mix all seasoning ingredients in a small bowl. Sprinkle salt and pepper inside chicken cavity generously. Insert chunk of onion and wedge of lemon if desired. Rub seasoning over chicken including under the skin (gently separating skin from flesh on breast of chicken and legs if possible). Place chicken in centre of skillet with vegetables surrounding it. Add broth on veggies/fruit.

ROAST CHICKEN: If using a temperature probe, poke it into chicken now. Place skillet into bottom third of oven. Roast for approximately 50-70 minutes depending on size of chicken. Instant thermometer should read 160F/71C. It will rise further with resting.

REST CHICKEN AND FINISH POTATOES: Tip chicken to empty juices into skillet. Transfer chicken to cutting board and loosely cover with foil to rest. Gently stir potato mixture and adjust seasoning if needed. Place skillet with potatoes back in oven for 15 minutes to brown while chicken is resting. Remove from oven.

FINISH AND SERVE: Add extra broth if you want potatoes to be saucier. Cut chicken into pieces. For a nice presentation (totally optional), lay pieces on potatoes. Squeeze 1/2 a lemon over chicken and sprinkle lightly with salt. Garnish with chopped fresh parsley or cilantro if desired. Serve immediately with lemon wedges.