



Moroccan-Spiced Chicken

with Cauliflower & Grain Salad



30min



2 Servings

Ras el hanout is a blend of fragrant, warm spices hailing from North Africa and the Middle East. This signature spice blend got its name, "top shelf" in Arabic, from spice traders who combined all of their best offerings to create the ultimate blend. This Moroccan dish uses it to punch up juicy chicken breasts, served with an herb-flecked roasted cauliflower and grain salad.

What we send

- 1½ lbs cauliflower (use half)
- 1 shallot
- 12 oz pkg boneless, skinless chicken breasts
- ras el hanout (use 1 tsp)
- 4 oz Italian 5-grain blend ²
- ¼ oz fresh parsley
- champagne vinegar (use 2 Tbsp)
- 1 container Greek yogurt ¹

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium saucepan
- fine-mesh sieve
- medium skillet

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 46g, Carbs 60g, Protein 55g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Cut **half of the cauliflower** into ¾-inch florets (save rest for own use). Thinly slice **¼ cup shallot**, then finely chop 1 tablespoon shallot. Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Rub with **oil**, and **1 teaspoon ras el hanout**. Season all over with **salt** and **pepper**. Let sit until step 5.



4. Finish salad

Add **cooked grains, cauliflower**, and **chopped parsley** to **dressing**, and toss to combine. Season to taste with **salt** and **pepper**. Let sit until ready to serve, stirring occasionally. Wipe out skillet.



2. Cook grains & cauliflower

Add **grains** to boiling water and cook (like pasta) until tender, 8-10 minutes. Drain, shaking out excess water. Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **cauliflower**, season with **salt** and **pepper** and cook, stirring, until just tender and browned in spots, 7-8 minutes. Remove from heat.



5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add **chicken** and cook, turning once or twice, until lightly charred and cooked through, 7-8 minutes total. Transfer to a plate. Add **chopped shallots** to skillet; cook, stirring, until softened, 30 seconds. Add **2 tablespoons each of water and butter**; simmer until melted, scraping up browned bits, about 1 minute.



3. Prep salad

While **grains** and **cauliflower** cook, pick and coarsely chop **parsley leaves**, discarding stems. In a medium bowl, whisk to combine **2 tablespoons champagne vinegar**, **2 tablespoons oil**, and **a pinch each of salt and pepper**. Add **sliced shallots**, and stir to combine.



6. Finish & serve

Season **yogurt** lightly with **salt** and **pepper**. Spread **yogurt** onto plates and top with **herb-cauliflower grain salad**. Serve **chicken** alongside, drizzled with **pan sauce**. Enjoy!