



Low-Carb Spiced Chicken with Cauli "Couscous"

Almonds, Raisins & Mint



20-30min



2 Servings

Spiced chicken and low-carb cauliflower "couscous" come together in this flavor-packed meal. First, we marinate the chicken in a mix of mayonnaise, chipotles in adobo, harissa spice, lemon zest, and lemon juice. The mayo helps the spices stick to the chicken, while also encouraging a deep golden sear when cooked. Meanwhile, almonds, raisins, ras el hanout, and fresh mint make this "couscous" as delicious as it is low-carb.

What we send

- 1 lemon
- 1 oz mayonnaise ^{3,6}
- 1 oz chipotle chiles in adobo sauce ¹⁷
- ¼ oz harissa spice blend
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz golden raisins ¹⁷
- ¼ oz fresh mint
- 1 oz salted almonds ¹⁵
- ¼ oz ras el hanout
- 12 oz cauliflower rice

What you need

- kosher salt & ground pepper
- olive oil

Tools

- microplane or grater
- microwave
- medium nonstick skillet

Allergens

Egg (3), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 38g, Carbs 28g, Protein 48g



1. Marinate chicken

Finely grate the **zest of the lemon**; cut **lemon** into wedges. In a medium bowl, whisk together **mayonnaise**, **chipotle** (use half for less spice!), **harissa spice**, **half of the lemon zest**, and **1 teaspoon lemon juice**.

Pat **chicken** dry; season all over with **salt** and **pepper**. Add to **marinade** and mix to evenly coat; set aside until step 4.



4. Cook chicken

Heat **1 teaspoon oil** in a medium nonstick skillet over medium until shimmering. Add **chicken** and cook until deeply browned and cooked through, 4-6 minutes per side. Transfer to a cutting board to rest, 5 minutes.



2. Prep ingredients

In a small bowl, combine **raisins** and **¼ cup water**. Microwave, covered, until water is hot and steaming, 2-3 minutes. Set aside, covered, until raisins are plumped, about 5 minutes.

Pick **mint leaves** from stems and finely chop. Coarsely chop **almonds**.



5. Finish & serve

Drain **raisins**. Stir **raisins**, **mint**, **almonds**, **remaining lemon zest**, **1 tablespoon oil**, and **½ tablespoon lemon juice** into **cauliflower rice**; season to taste with **salt** and **pepper**.

Thinly slice **chicken**, if desired. Serve chicken with **cauliflower "couscous"** and **remaining lemon wedges**. Enjoy!



3. Cook cauliflower rice

In a medium bowl, whisk together **ras el hanout** and **1 tablespoon oil**. Microwave until spices are fragrant, whisking halfway through, 60-90 seconds. Add **cauliflower rice** and mix until evenly coated. Cover and microwave until just tender, stirring halfway through, 5-7 minutes. Keep covered until ready to serve.



6. Rate your plate!

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