



**FAST**

**NO ADDED GLUTEN**

## Moroccan-Spiced Chicken Breast

with Herb-Cauliflower & Grain Salad



35min



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 this punchy seasoning to punch up juicy chicken breasts, served with an herb-flecked roasted cauliflower and grain salad.



## What we send

- 1 shallot
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz ras el hanout
- ¼ oz fresh parsley
- 1 head cauliflower
- 2 (1 oz) sour cream <sup>1</sup>
- 4 oz farro <sup>2</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>1</sup>
- apple cider vinegar (or red wine vinegar)

## Tools

- medium saucepan
- medium skillet
- fine-mesh sieve

## Allergens

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

## Nutrition per serving

Calories 850kcal, Fat 47g, Carbs 52g, Protein 55g



### 1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Cover and keep warm over low heat. Cut **cauliflower** into ¾-inch florets. Peel and thinly slice **¼ cup shallot**, then finely chop 1 tablespoon shallot. Pat **chicken** dry, rub with **oil** and **1 teaspoon of the ras el hanout**, and season with **salt** and **pepper**; let sit until step 5.



### 4. Finish salad

Add **cooked grains, cauliflower**, and **chopped parsley** to **dressing**; 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

Return water to a boil, add **grains** 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 water and butter**; simmer until melted, scraping up browned bits, about 1 minute.



### 3. Prep salad

While **grains** and **cauliflower** cook, pick **parsley leaves** from **stems**. Discard stems and coarsely chop leaves. In a medium bowl, whisk to combine **vinegar**, **2 tablespoons oil**, and a **pinch each 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!