

Moroccan Chicken & Nutty Tabouleh

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This dish brings you the unique flavours of Morocco. While an authentic Moroccan dish rarely comes without the couscous-based tabouleh, naturally we have our own low-carb version here.

Serves	4	Per serve	
Prep time	20 minutes	Carbs	10.0 g
Cook time	10 minutes to 2 days	Protein	34.0 g
Difficulty	●●●	Fat	35.7 g
		Energy	503 Cal

- INGREDIENTS**
- For the chicken:
- 500 g chicken breast
 - 1 tsp ground cumin
 - 1 tsp ground coriander
 - 1 tsp paprika
 - 1 clove garlic, crushed
 - 1 tbsp olive oil
- For the jewelled tabouleh:
- 1 head cauliflower, cut into florets
 - 1 red capsicum, diced 1 cm
 - 2 cloves garlic, finely chopped
 - 1 red onion, thinly sliced
 - ¾ tsp salt
 - ¼ cup olive oil
 - 1 lemon
 - ¼ cup macadamia nuts, chopped
 - ¼ cup walnuts, chopped
 - 1 bag baby spinach
 - small bunch of parsley, roughly chopped

- METHOD**
- Pre-heat the oven to 200°C fan (220°C regular). Line an oven tray with baking paper.
- Place the chicken, spices, garlic, oil, and salt and freshly ground pepper to taste in a bowl and toss to coat the chicken well. Leave to marinate for 10 minutes on the bench, or cover and place in the fridge for up to 2 days.
- Place the cauliflower florets in a food processor and pulse until it forms coarse grains. Transfer to a bowl and add the capsicum, garlic, onion, salt and oil. Mix everything together and spread out over the lined baking tray.
- Cut the lemon in half and place on the tray beside the vegetables. Roast for about 20 minutes, turning once, until everything is slightly caramelized and softened.
- Meanwhile, heat a large frying pan over a medium-high heat. When hot, add the marinated chicken and fry for 4-5 minutes on each side, until cooked through (this will depend on the thickness of the chicken). Remove from the pan to a plate, cover with foil and leave to rest.
- After the vegetables have cooked for 20 minutes, scatter the macadamias and walnuts on top and roast for another 5-7 minutes. Remove the lemon halves from the tray and transfer everything else to a large salad bowl. Add the baby spinach and squeeze the roasted lemon into the bowl. Scrape any oil and roasting liquid from the baking tray into the bowl too. Toss everything together well, season to taste and add the parsley.
- Divide the tabouleh between serving plates. Thinly slice the chicken, place on top and drizzle with the chicken resting juices.

