



Moroccan Spiced Chicken Nourish Bowl

Tender cumin-cinnamon spiced chicken, paired with roasted carrots, chickpeas tossed in bold harissa paste, and fluffy bulgar wheat cooked in vegetable stock. It's complemented by sweet dried apricots, a dollop of creamy natural yogurt, and a sprinkle of fresh parsley. A vibrant, flavor-packed bowl that brings a taste of Morocco to every bite.

Nutritional Info

Calories: 467 kcal
 Carbohydrates: 56 g
 Protein: 38 g
 Fat: 12 g

Ingredients

- | | | |
|-------------------------|------------------------|--------------------|
| • Chicken Breast Fillet | • Chickpeas | Your Pantry |
| • Carrot | • Harissa Paste | • Olive Oil |
| • Fresh Parsley | • Vegetable Stock Cube | • Salt & Pepper |
| • Bulgar Wheat | • Spice Mix | |
| • Dried Apricot | - Cumin | |
| • Natural Yogurt | - Cinnamon | |

Allergens

Wheat (Bulgar Wheat)

Milk (Yogurt)

Celery (Stock Cube may contain traces of Egg, Soybeans & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 180°C

2) Make the stock

Make the stock up to 400ml per cube and then set aside 100ml per person for the dish.

3) Prepare the vegetables

Cut the apricots into small pieces. Peel and cut the carrots into 1cm discs. Drain the chickpeas.

4) Make the traybake

Add the carrots and chickpeas to a bowl with the chicken and harissa paste, and a drizzle of olive oil. Mix well until combined. Line a baking sheet or roasting tin and drizzle with olive oil. Add the chicken, carrot and chickpea mix and place in the oven for about 15 minutes or until the chicken is cooked through. While this cooks move on to the next step.

5) Make the bulgar wheat

Heat a saucepan on high without oil. Once hot, add the bulgur wheat and toast, moving the grains around constantly so they don't burn. Once they begin to smell nutty and popcorn-like, pour in the 100ml per person portion of the stock and once it starts bubbling, immediately cover with a lid (or tin foil). Turn off the heat. Leave to absorb the liquid for 10-15 mins. Once cooked, stir in the spice mix, apricots, salt, pepper, and a drizzle of olive oil.

6) Make the yogurt dressing

Chop the parsley and keep a little aside for garnish. Combine the yogurt with some of the chopped parsley. Set aside.

7) Serve the dish

Spoon the Moroccan bulgur wheat into dishes. Top with the chicken, chickpeas and carrots. Garnish with remaining parsley and drizzle with the yogurt dressing.



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