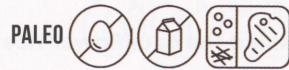




PREP TIME: 20 MINUTES • COOKING TIME: 40 MINUTES • MAKES: 5 MEALS



# MOROCCAN CHICKEN STEW WITH GOLDEN CAULIFLOWER RICE

*Choosing my favorite recipe would be like having to choose a favorite child, but I am going on the record and saying this is my favorite recipe in the book! This one-pot chicken stew is full of flavor and the golden cauliflower rice with turmeric and coconut milk will make you forget about starchy white rice.*

**Yes, I know there are a lot of ingredients listed in this recipe, but feel free to skip a few. It won't ruin the recipe if you don't have roasted peppers, red chilies, or an orange for zesting. Recipes are guides, not written in stone (unless you're baking, then you better follow the rules)!**

To watch the video tutorial for this recipe, search "FlavCity Moroccan Chicken" on YouTube.

## FOR THE CHICKEN:

- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground cloves
- 10 boneless and skinless chicken thighs
- $\frac{1}{2}$  onion, chopped
- 1 medium zucchini, cubed
- $\frac{1}{2}$  teaspoon dried thyme
- 3 cloves garlic, minced
- 6 ounces jarred roasted peppers, sliced
- $\frac{1}{2}$  cup good quality green olives, pitted and halved
- 1½ cups chicken stock/broth
- 4 thin slices of lemon
- $\frac{1}{2}$  red chili, thinly sliced, or pinch of red pepper flakes
- 1 teaspoon parsley, chopped
- Avocado or olive oil
- Kosher salt and fresh pepper

## FOR CAULIFLOWER RICE:

- 1 large head of cauliflower
- $\frac{1}{2}$  onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon fresh grated ginger
- 1 tablespoon ground turmeric powder
- 1 cup full-fat coconut milk
- 3 tablespoons unsweetened shredded coconut flakes
- $\frac{1}{4}$  cup blanched almonds or walnuts, chopped and roasted if desired
- Zest of  $\frac{1}{2}$  lime
- Zest of  $\frac{1}{2}$  orange
- 1 tablespoon parsley, chopped
- $\frac{1}{2}$  red chili, thinly sliced
- Avocado oil
- Kosher salt and fresh pepper

**For the chicken,** make the spice rub by combining the smoked paprika, cumin, coriander, cinnamon, and cloves in a small bowl, and mix well. Season the chicken with a generous pinch of salt and half the spice rub on one side, flip and repeat. Preheat a wide pan just under high heat for 2 minutes. Add 1 tablespoon of oil, wait 30 seconds, and add the chicken to the pan. If your pan is not big enough to fit all the chicken, do this in two batches. Cook the chicken for 2–3 minutes (or until the crust is golden brown and crusty), flip and repeat, and remove from pan. Lower the heat to medium, add 2 teaspoons of oil to the pan and add the onions, zucchini, thyme,  $\frac{1}{4}$  teaspoon salt and a few cracks of pepper. Cook for 10 minutes, stirring often. Add the garlic and cook for 3 minutes. Then add the roasted peppers, olives, and chicken, along with any juices and enough chicken stock to come halfway up the side of the chicken. Tuck the lemon slices around the chicken and add the sliced chilies. Bring the liquid to a boil, reduce to a simmer, and cook uncovered for 20–25 minutes, or until the stock has reduced considerably and can be used as a sauce. Move the chicken around the pan a couple times so everything cooks evenly. Sprinkle parsley over the dish when the chicken is ready and set aside.

**Make the cauliflower rice** by cutting the head of cauliflower in quarters and grating them on the largest setting of a box grater, trying not to grate too much of the stalk. Preheat a large pan with high sides over medium heat for 2 minutes. Add 1 tablespoon of oil and then add the onions along with  $\frac{1}{4}$  teaspoon salt and a couple cracks of pepper. Cook for 6 minutes and then add the garlic and grated ginger. Cook for 2 minutes, then add the turmeric powder and mix well. Cook for 45 seconds, then add the coconut milk and mix well. Bring the milk to a simmer and cook for 3 minutes, until it has reduced some. Add all of the cauliflower rice along with  $\frac{1}{4}$  teaspoon salt and a few cracks of pepper; mix very well. Place a lid, or sheet tray, on the pan, and cook for 3 minutes. Then, check to see if the cauliflower is done to your liking; if not, cook another 2 minutes. Turn the heat off and add the coconut flakes, nuts, lime and orange zest, parsley, and red chilies. Mix well and check for seasoning. You can add lime juice or salt if desired.

Serve the chicken with some of the turmeric rice and enjoy!

**STORAGE AND REHEATING:** The chicken can be frozen for two to three months (the cauliflower rice can't) or will keep in the fridge with the cauliflower rice for five days. Reheat in a 350°F oven for 7–10 minutes or cover the container with a wet paper towel and heat in a microwave, making sure not to overheat as the chicken will dry out. It's best to thaw before reheating.

MACROS	per serving of chicken (makes 5):	MACROS	per serving of rice (makes 5):
	174 calories 1.6 grams of net carbs 2.35 grams of total carbs 6.7 grams of fat 24.3 grams of protein 0.8 grams of fiber		203 calories 4.8 grams of net carbs 7.3 grams of total carbs 17.3 grams of fat 5.4 grams of protein 4.1 grams of fiber



*"Hubs and I just finished devouring this. Oh. My. Word. Bomb recipe! Definitely going into our monthly rotation. So glad we found you guys on YouTube! I'm stuffed from eating yet still can't wait for leftovers tomorrow night. Score for FlavCity...win for us! I would give it more stars if I could!" —Jenny A.*

*"This is the first recipe I've made from your website. And, oh boy, it was a party of flavor in my mouth. I brought it to work for lunch today and warmed it up. Let me tell you, everyone in the office wanted a piece of it; they couldn't believe it was cauliflower rice. Thank you for this amazing recipe; it's delicious and full of flavor. Thank you, thank you, thank you!" —Harmonie U.*