

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
- ½ teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 10 boneless and skinless chicken thighs
- ½ onion, chopped
- 1 medium zucchini, cubed
- ½ teaspoon dried thyme
- 3 cloves garlic, minced
- 6 ounces jarred roasted peppers, sliced
- ½ cup good quality green olives, pitted and halved
- 1½ cups chicken stock/broth
- 4 thin slices of lemon
- ½ 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
- ½ 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
- ¼ cup blanched almonds or walnuts, chopped and roasted if desired
- Zest of ½ lime
- Zest of ½ orange
- 1 tablespoon parsley, chopped
- ½ 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, ¼ 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.