

Moroccan Chicken & Cauliflower Couscous Bowls

Nutritional Highlights

- Cauliflower serves as a substitute for the couscous in this recipe, adding extra vitamins and minerals and decreasing the calories of the dish.

Servings: 4

Ingredients

Chicken

- 1 lb boneless skinless chicken breast tenders
- 2 Tbsp red harissa paste
- 1/4 tsp ground cinnamon

Tahini Dressing

- 1/4 cup plain, non-fat Greek yogurt
- 2 Tbsp tahini
- 1 clove garlic, minced
- 1 Tbsp fresh parsley, chopped
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- Zest and juice of 1/2 a lemon
- 1/4 tsp salt
- 2 Tbsp water, for thinning

Cauliflower "Couscous"

- 1 large head cauliflower, cut into florets
- 2 Tbsp olive oil
- 1 clove garlic, minced
- Juice and zest of 1 lemon
- 2 Tbsp fresh parsley, finely chopped
- 1 tsp Za'atar
- 1/2 tsp ground cumin
- 1/4 tsp kosher salt
- Ground pepper, to taste
- 1/4 cup diced shallot
- 1/2 cup dates, pitted and chopped
- 1/3 cup crumbled feta cheese

Toppings:

- Fresh mint, chopped
- 1/4 cup sliced almonds

Directions

- Preheat oven to 425F. Line a baking sheet with parchment paper.
- Prepare the chicken: In a small bowl, combine the harissa paste and cinnamon. Rub mixture all over chicken tenders and transfer to prepared baking sheet. Bake for 20-25 minutes, or until chicken reaches internal temperature of 165F. Remove from oven and let rest 5 minutes.
- Make the dressing: In a small bowl, whisk together the dressing ingredients, adding water as needed to reach desired consistency. Set aside in refrigerator.
- Prepare the couscous: Place cauliflower, in batches, in the food processor and pulse until finely chopped and resembles couscous, being careful not to over-process the cauliflower into mush.
- Cook the couscous: Heat oil in a large saute pan over medium heat. Add cauliflower couscous to the pan. Cook, stirring frequently, until the couscous turns light golden, about 7 minutes. Add the garlic and cook until fragrant, about 1 minute. Remove from heat and allow to cool slightly. Add in remaining couscous ingredients and stir to combine. Taste and adjust seasonings as desired, then toss with dates and almonds.
- Assemble the bowls: Transfer couscous to serving bowls and top with cooked chicken, feta, and mint. Drizzle bowls with tahini dressing.