



MOROCCAN-SPICED CHICKEN THIGHS

with Freekeh, Butternut Squash and Lemon Crema

PRONTO



HELLO FREEKEH

Freekeh or farik is durum wheat that has been roasted

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 654



Chicken Thighs



Onion, sliced



Grape Tomatoes



Edamame



Freekeh



Greek Yogurt



Moroccan Spice Blend



Vegetable Broth Concentrate



Butternut Squash, cubes



Lemon

BUST OUT

- Large Non-Stick Pan
- Zester
- Measuring Cups
- Baking Sheet
- Medium Pot
- Salt and Pepper
- Small Bowl
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Onion, sliced 56 g | 113 g
- Grape Tomatoes 113 g | 227 g
- Edamame 4 85 g | 170 g
- Freekeh 1 ½ cup | 1 cup
- Greek Yogurt 2 100 g | 200 g
- Moroccan Spice Blend 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2
- Butternut Squash, cubes 170 g | 340 g
- Lemon 1 | 1

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **425°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



1 ROAST VEGGIES
Wash and dry all produce.* In a medium pot, bring **2 cups water** (double for 4 ppl) and **broth concentrate(s)** to a boil over high heat. On a baking sheet, toss **squash, onions, tomatoes** and **half the Moroccan spice** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden, 20-22 min.



4 MAKE YOGURT CREMA
Meanwhile, zest **half the lemon** (1 lemon for 4 ppl), then cut the **remaining lemon** into wedges. In a small bowl, stir together the **yogurt** and **lemon zest**. Season with **salt** and **pepper**.



2 COOK FREEKEH
Meanwhile, add the **freekeh** to the boiling broth. Reduce the heat to medium-high and cook until tender, 15-17 min. Meanwhile, pat the **chicken** dry with paper towels. Sprinkle with the **remaining Moroccan spice** and season with **salt** and **pepper**.



5 FINISH FREEKEH
When the **freekeh** is tender, remove the pot from the heat and stir through the **edamame**. Cover and let stand until the edamame is slightly tender, 5-6 min. Drain any excess water and return to the same pot. Stir in the **roasted veggies** and season with **salt** and **pepper**.



3 COOK CHICKEN
Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown and cooked through, 6-7 min per side. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE
Divide the **freekeh** between plates and top with the **chicken**. Dollop with the **crema** and squeeze over a **lemon wedge**, if desired.

DOLLOP AWAY!

A dollop of citrusy crema helps finish the dish.