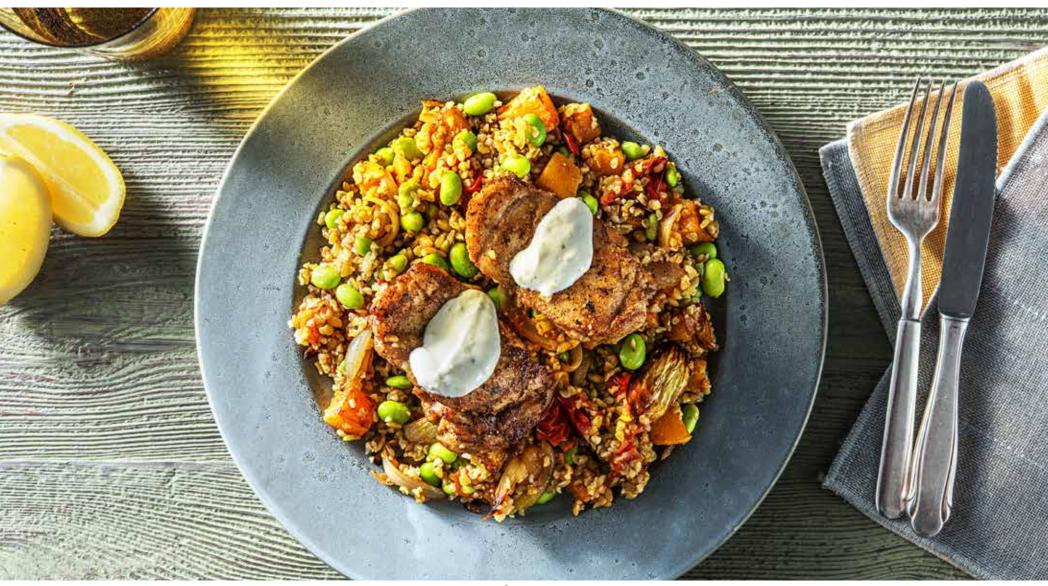


MOROCCAN-SPICED CHICKEN THIGHS

with Freekeh, Butternut Squash and Lemon Crema





HELLO FREEKEH

Freekeh or farik is durum wheat that has been roasted



Chicken Thighs



Onion, sliced



Grape Tomatoes



Edamame



Freekeh



Lemon

PREP: 15 MIN

TOTAL: 30 MIN

CALORIES: 654

Greek Yogurt

Moroccan Spice Blend

Vegetable Broth Butternut Squash, Concentrate

BUST OUT

- Large Non-Stick Pan
- Zester
- Measuring Cups
- · Baking Sheet
- Medium Pot

- · Salt and Pepper
- Small Bowl
- · Olive or Canola oil

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

ALLERGENS ALLERGÈNES

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

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.

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





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



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.



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.



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.**)



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**.



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**.



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.



Laver et sécher tous les aliments.

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