

MOROCCAN SPICED CHICKEN WITH RICE AND CAULIFLOWER



Nutrient Analysis

PER SERVING

1/4 of recipe

Renal exchange:

3 Protein + 2 Starch + 1 Vegetable

Calories **373Kcal**

Protein **26g**

Carbohydrates **45g**

Fibre **2g**

Total Fat **9g**

Saturated Fat **2g**

Cholesterol **76mg**

Sodium **187mg**

Potassium **532mg**

Phosphorus **298mg**

INGREDIENTS

4 (1Lb) boneless and skinless chicken thighs

1 tablespoon olive oil

1 teaspoon paprika

1/4 cup onion, diced

2 garlic cloves, minced

1 tablespoon fresh ginger, chopped

1/4 teaspoon turmeric

1 teaspoon coriander seed

1/2 teaspoon cumin

1/4 teaspoon all spice

1/4 teaspoon cinnamon

1 teaspoon paprika

1 cup uncooked basmati rice (or long grain rice)

1 1/2 cups cauliflower, cut into florets

2 1/2 cups no salt added chicken broth

1 tablespoon lemon zest

1/4 cup cilantro, chopped

PREPARATION: 15 MINUTES

COOKING: 40 MINUTES

4 SERVINGS

PREPARATION

- 1** Heat oil in a skillet. Sprinkle paprika on chicken thighs. Brown chicken on both sides and transfer to a plate (10 minutes).
- 2** In the same skillet, saute onion, garlic, and ginger. When onions are soft, add spices and rice. Stir to coat rice.
- 3** Add cauliflower and chicken broth.
- 4** Place chicken on top of rice mixture, sprinkle with the lemon zest and bring to a boil. Cover skillet with lid and simmer until liquid is absorbed and chicken is cooked through (approximately 30 minutes).
- 5** Before serving, add fresh cilantro.