

Moroccan Spiced Bowls

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Servings: 2 bowls

Prep Time: 45 minutes

Ingredients

Chicken and Veggies

- * 1/2 lb of chicken tenders, chopped into cubes
- * 1/4 of red onion, cut into chunks
- * 1 medium-sized sweet potato, diced
- * 1/2 can of chickpeas
- * 3 teaspoons of harissa spice
- * 1 1/2 teaspoons, divided of ras el hanout
- * Salt and pepper to taste
- * 1 1/2 tablespoons, divided of olive oil
- * Toppings*
- * Spinach, for serving
- * Rice or quinoa for serving

Harissa Sauce

- * 1 tablespoon of olive oil
- * 1 tablespoon harissa spice
- * 1 teaspoon of lemon juice
- * 1/4 teaspoon salt

Cucumber-Dill Sauce

- * 2 small Persian cucumbers or 1/2 of a large English cucumber
- * 1 tablespoon of lemon juice
- * 1 tablespoon of red onions, sliced
- * 1/4 teaspoon of salt
- * 1/4 teaspoon of dill (I used dried)
- * Pepper to taste



Topping Options

- * Avocado
- * Hummus
- * Pepperoncini
- * Olives
- * Feta
- * Red Onions
- * Quinoa (instead of rice)
- * Cilantro
- * Yogurt
- * Or anything your heart desires

1. Preheat your oven to 400° F. First things first, you want to dry the chickpeas with a paper towel.
2. Start with a bowl and add your sweet potatoes and red onion along with 1/2 teaspoon of olive oil and 1 teaspoon of harissa, 1/2 teaspoon of ras el hanout, salt and pepper to taste. Add to one part of a baking sheet.
3. In the same bowl add your chickpeas along with 1/2 teaspoon of olive oil and 1 teaspoon of harissa, 1/2 teaspoon of ras el hanout, salt and pepper to taste. Add to one part of a baking sheet.
4. Using that same bowl add your chicken along with 1/2 teaspoon of olive oil and 1 teaspoon of harissa, 1/2 teaspoon of ras el hanout, salt and pepper to taste. Add to one part of a baking sheet. Bake your chicken and veggies in the oven for 30 minutes. Half way through baking time flip chicken and veggies.
5. In that time, while the chicken and veggies bake, start with making your cucumber-dill salad. You will peel and seed your cucumbers and cut them into chunks. Add a tablespoon in lemon juice, sliced onions, dill, salt and pepper. Set aside.
6. Next make the harissa sauce. Simply add all harissa sauce ingredients together and stir. Set aside.
7. Prepare toppings. Take out chicken and veggies out of the oven. Allow to cool and serve in bowls with rice and greens and any desired toppings. Top with yogurt sauce, harissa sauce, and cucumber-dill salad. Enjoy!

Note: This recipe is meant to be adjustable for all diets. If you are vegan or vegetarian, you can easily omit chicken and yogurt. This recipe is gluten free friendly!