



GRILLED MOROCCAN CHICKEN WITH TABBOULEH

Boldly spiced chicken marinated in a fragrant blend of spices, grilled until charred and juicy. Paired with a bright, herb-forward tabbouleh and served atop harissa-yogurt.

INGREDIENTS

- ☐ 20 Mountaire® Black Label Tenderloins

MOROCCAN MARINADE

- ☐ 1 ½ cups vegetable oil
- ☐ ½ cup olive oil
- ☐ ¼ cup lemon juice
- ☐ 2 tbsp minced garlic
- ☐ 2 tbsp minced ginger
- ☐ 1 tbsp ground cumin
- ☐ 1 ½ tsp ground coriander
- ☐ 2 tsp paprika
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp turmeric
- ☐ ¼ cup chopped cilantro
- ☐ Salt as needed

HARISSA YOGURT

- ☐ 2 cups plain Greek yogurt
- ☐ ½ cup harissa paste
- ☐ 1 tbsp salt

TABBOULEH SALAD

- ☐ 1 qt cooked bulgur
- ☐ 1 ½ cups small dice cucumber
- ☐ 1 ½ cups quartered cherry tomatoes
- ☐ ¼ cup lemon juice
- ☐ ½ cup olive oil
- ☐ 1 ½ cups chopped parsley
- ☐ 1 cup torn mint
- ☐ 2 cups crumbled feta
- ☐ ½ cup thinly sliced onion
- ☐ 1 cup sunflower seeds



PREPARATION

Yield: 1 servings

1. For the Moroccan Marinade, blend together all ingredients except salt. Marinate the chicken for 2-4 hours. Season with salt, to taste, and grill until an internal temperature of 165 degrees is achieved.
2. For the yogurt, whisk together the ingredients and reserve.
3. For the salad, gently toss together all the ingredients.
4. To serve, spoon ¼ cup of the yogurt onto a plate, top with 1 cup of tabbouleh, and 2 grilled chicken tenderloins.