



Spicy Harissa chicken with beetroot salad

15'

Hands on

25'

Cook Time

4

Portion(s)

2

Difficulty



Method

For the chicken

- Preheat oven to 180* C (350* F) Fan.
- In a small blender, beat the chili peppers, cumin, coriander, lemon zest, lemon juice, olive oil, garlic and paprika until completely combined.
- Add the bouillon cube and beat until the mixture comes together nicely.
- Transfer sauce to a bowl and add the chicken fillets to marinate.
- You can refrigerate for up to 12 hours.
- Transfer chicken to a baking pan fitted with a wire rack and roast for 20-25 minutes.

For the salad

- In a pot full of boiling water, add the beets.
- Place a pan over heat and let it get hot.
- Add 2 tablespoons of olive oil, the pink pepper and coriander.
- Transfer beets from the pot to the pan and sauté along with the spices.
- Add the salt, pepper and thyme.
- Transfer beets to a serving platter and serve with walnuts, pieces of gorgonzola, finely chopped parsley and rocket leaves. Drizzle with 1 tablespoon of olive oil.
- Remove chicken from oven and serve with the yogurt, rocket leaves, thyme and lemon wedges.

Ingredients

For chicken

- 6 red chili peppers, finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon coriander seeds
- grated zest and juice from 1 lemon
- 50 g olive oil
- 2 cloves of garlic
- 1 tablespoon sweet paprika
- 1 chicken bouillon cube
- 4 chicken breast fillet

For salad

- 600 g beetroots, frozen
- 3 tablespoon olive oil
- 1 tablespoon pink pepper
- 1 tablespoon coriander
- salt
- pepper
- 1 tablespoon thyme
- 50 g walnuts
- 100 g gorgonzola cheese
- 1 tablespoon parsley
- 100 g rocket leaves

To serve

- 200 g Greek strained yogurt
- rocket leaves
- 1 tablespoon thyme
- 1 lemon, cut into wedges

Διατροφικός πίνακας

Nutrition information per 100 gr.

137 Calories (kcal)	8.5 Total Fat (g)	2.3 Saturated Fat (g)	3.3 Total Carbs (g)
7%	12%	11%	1%
3.1 Sugars (g)	11.2 Protein (g)	1.0 Fibre (g)	0.4 Sodium (g)
3%	22%	4%	34%