

Harissa–Lemon Chicken Thighs with Quinoa & Vegetables

(2 servings)

Chicken

- 320 g chicken thighs (boneless, skinless)
- 10 g olive oil
- 1 tsp / 6 g low-sodium soy sauce or coconut aminos
- 1 tsp / 2 g lemon zest
- 1 T / 15 g lemon juice
- 1 clove (6 g) garlic, finely grated
- 1 tsp / 2 g Simply Organic Harissa Seasoning
- 3 g salt + MSG blend
- 0.5 g black pepper

Vegetables

- 120 g onion, sliced
- 100 g zucchini, half-moons
- 80 g red bell pepper, sliced
- 60 g cherry tomatoes, halved
- 5 g olive oil

Quinoa

- 120 g dry quinoa
- 240 g water
- 1 g salt + MSG blend

Finishing

- 10 g parsley, chopped
- Optional: 1 tsp lemon juice



INSTRUCTIONS

1. Combine **olive oil**, **soy sauce**, **lemon zest**, **lemon juice**, **garlic**, **harissa seasoning**, **salt + MSG**, and **pepper**. Coat chicken and **marinate 20–30 minutes**.
2. Rinse **quinoa** thoroughly. Combine quinoa, **water**, and **salt + MSG**. Bring to a boil, cover, and **simmer 12–15 minutes**. Rest 5 minutes and fluff.
3. Heat a wide pan over **medium**. Add **chicken** and **cook 5–6 minutes** until lightly browned. Flip and cook **3–4 minutes more**. Remove to a plate.
4. Add **olive oil** to the pan. Cook **onion 2 minutes**. Add **zucchini** and **bell pepper**; **cook 3–4 minutes**. Add **tomatoes** and cook **1 minute**.
5. Return chicken to pan. Spoon vegetables over top. Cover loosely and **cook 3–4 minutes** until chicken is just done.
6. Adjust acidity with **lemon juice** if needed. Sprinkle with **parsley** and serve over **quinoa**.

NUTRITION (per serving)

Kcal: 590 | Protein: 41 g | Fat: 26 g | Sat. Fat: 5 g | Carbs: 48 g | Sugars: 7 g | Fiber: 7 g | Sodium: 600 mg | Omega-3: 0.2 g

NUTRITION (whole dish)

Kcal: 1,180 | Protein: 82 g | Fat: 52 g | Sat. Fat: 10 g | Carbs: 96 g | Sugars: 14 g | Fiber: 14 g | Sodium: 1,200 mg | Omega-3: 0.4 g