

Honey–Harissa Chicken Thighs

(Serves 2)

Chicken

- 450 g boneless, skinless chicken thighs
- 7 g extra-virgin olive oil (½ T)
- 1.2 g salt + MSG blend, divided
- 0.5 g ground black pepper, divided

Harissa Marinade / Glaze

- 1½ T harissa paste (see Harissa Paste Note)
- 1 T honey
- 1 T plain nonfat Greek yogurt (Oikos)
- 1 tsp white-wine vinegar or lemon juice
- 1 tsp olive oil



To Finish

- Chopped cilantro or parsley (optional)

INSTRUCTIONS

1. **Marinate chicken:**
 - In a bowl, combine **harissa paste, honey, yogurt, vinegar, olive oil, 0.6 g salt+MSG**, and **half the pepper**.
 - Add **chicken thighs** and coat well. Cover and **marinate at least 30 minutes** (up to 8 hours refrigerated).
2. Preheat oven to **200°C**. Line a rimmed baking sheet with foil or parchment.
3. Arrange **chicken** on the baking sheet, leaving marinade clinging to the surface. Drizzle lightly with remaining **olive oil**.
4. **Roast for 18–20 minutes**, turning once.
5. Increase oven temperature to **220°C** and return chicken to oven for **5–8 minutes** until lightly caramelized and internal temperature reaches 74°C.
6. **Rest 5 minutes**. Garnish with herbs and serve.

SUGGESTED SIDES (See below)

- Lemon couscous or quinoa
- Roasted carrots, sweet potatoes, or cauliflower
- Cucumber–yogurt salad
- Simple green salad with lemon vinaigrette

HARISSA PASTE (FROM DRY SEASONING)

If using Simply Organic Harissa Seasoning (dry blend):

- 1 T harissa seasoning
- 1 T olive oil
- 1–2 tsp hot water or lemon juice

Mix to a thick paste. Let stand 5 minutes before using. Adjust oil or liquid for consistency.

NOTES

- Yogurt in the marinade softens heat while preserving harissa flavor.
- Honey balances bitterness and promotes caramelization.
- This recipe is moderately spicy; reduce harissa to 1 T for milder results.
- Leftovers are excellent cold or gently reheated.

NUTRITION (per serving)

Kcal: 510 | Protein: 38 g | Fat: 26 g | Sat. Fat: 5 g | Carbs: 28 g | Sugars: 20 g |
Fiber: 2 g | Sodium: 680 mg | Omega-3: 0.3 g

NUTRITION (whole dish)

Kcal: 1,020 | Protein: 76 g | Fat: 52 g | Sat. Fat: 10 g | Carbs: 56 g | Sugars: 40 g
| Fiber: 4 g | Sodium: 1,360 mg | Omega-3: 0.6 g

Sides for Honey–Harissa Chicken (Serves 2)

Roasted Carrots with Honey, Cumin & Lemon



Ingredients

- **300 g** carrots, peeled and cut into thick batons
- **10 g** olive oil (2 tsp)
- **½ tsp** ground cumin
- **¼ tsp** smoked paprika
- **0.6 g** salt + MSG blend
- **½ tsp** honey
- **1 tsp** lemon juice
- Fresh parsley or cilantro (optional)

Instructions

1. Preheat oven to **200°C**.
2. Toss **carrots** with **olive oil**, **cumin**, **smoked paprika**, and **salt+MSG**.
3. Spread in a single layer on a lined baking tray.
4. Roast **20–25 minutes**, turning once, until tender and lightly caramelized.
5. Drizzle with **honey** and **lemon juice** while hot; toss gently.
6. Garnish with **herbs** if desired.

Nutrition

Per serving:

Kcal: **120** | Protein: **1 g** | Fat: **5 g** | Sat. Fat: **1 g** |

Carbs: **18 g** | Sugars: **9 g** | Fiber: **5 g** | Sodium: **240 mg** | Omega-3: **0.1 g**

Whole dish:

Kcal: **240** | Protein: **2 g** | Fat: **10 g** | Sat. Fat: **2 g** |

Carbs: **36 g** | Sugars: **18 g** | Fiber: **10 g** | Sodium: **480 mg** | Omega-3: **0.2 g**

Yogurt–Cucumber Salad with Dill & Lemon

Ingredients

- **200 g** cucumber, diced or thinly sliced
- **120 g** nonfat Greek yogurt (Oikos)
- **1 tsp** olive oil
- **1½ tsp** lemon juice
- **½ tsp** lemon zest
- **0.5 g** salt + MSG blend
- **1 T** fresh dill, finely chopped
- Black pepper, to taste



Instructions

1. If **cucumber** is watery, lightly salt and drain **5 minutes**; pat dry.
2. Mix **yogurt, olive oil, lemon juice, zest, salt+MSG**, and **pepper**.
3. Fold in cucumber and dill.
4. Chill **10–20 minutes** before serving.

Nutrition

Per serving:

Kcal: **85** | Protein: **7 g** | Fat: **2 g** | Sat. Fat: **0 g** |

Carbs: **6 g** | Sugars: **4 g** | Fiber: **1 g** | Sodium: **180 mg** | Omega-3: **0.1 g**

Whole dish:

Kcal: **170** | Protein: **14 g** | Fat: **4 g** | Sat. Fat: **0 g** |

Carbs: **12 g** | Sugars: **8 g** | Fiber: **2 g** | Sodium: **360 mg** | Omega-3: **0.2 g**

Lemon Quinoa with Olive Oil & Herbs

Ingredients

- **90 g** dry quinoa
- **180 g** water
- **1 g** salt + MSG blend
- **10 g** olive oil (2 tsp)
- **1 tsp** lemon zest
- **1 T** lemon juice
- **1 T** chopped parsley or cilantro



Instructions

1. Rinse quinoa thoroughly.
2. Combine **quinoa, water**, and **salt+MSG** in a saucepan.
3. **Bring to a boil**, cover, reduce heat, and **simmer 12–15 minutes**.
4. **Rest covered 5 minutes**, then fluff.
5. Fold in olive oil, lemon zest, lemon juice, and herbs.

Nutrition

Per serving:

Kcal: **205** | Protein: **6 g** | Fat: **7 g** | Sat. Fat: **1 g** |

Carbs: **30 g** | Sugars: **1 g** | Fiber: **4 g** | Sodium: **210 mg** | Omega-3: **0.2 g**

Whole dish:

Kcal: **410** | Protein: **12 g** | Fat: **14 g** | Sat. Fat: **2 g** |

Carbs: **60 g** | Sugars: **2 g** | Fiber: **8 g** | Sodium: **420 mg** | Omega-3: **0.4 g**