

# Moroccan Couscous Meal Prep Bowls

## Prep Time

15 mins

## Cook Time

25 mins

## Total Time

40 mins

## Ingredients

### Lemon Couscous

- 1 cup pearl couscous
- 1/4 teaspoon salt
- 1 tablespoon zest
- juice of 1/2 a lemon

### Moroccan Chicken

- 12 oz chicken thighs
- 1 tablespoon olive oil
- 1 tablespoon Moroccan spice blend

### Moroccan Veggies

- 4 cups cauliflower florets
- 1 tablespoon olive oil
- 1 tablespoon Moroccan spice blend
- 6 oz green beans
- 1/2 red onion chopped

## Instructions

1. Cook pearl couscous according to package direction, seasoning with ¼ teaspoon salt.
2. Stir in the lemon zest and juice and allow to cool.
3. Heat oven to 425°F.
4. Arrange chicken thighs on a baking dish and drizzle with olive oil. Season with salt and Moroccan seasoning. Turn and repeat with other side. Bake for 20 minutes, flipping once half way, and allow to cool before slicing into strips.
5. Toss cauliflower florets in olive oil with Moroccan seasoning. Arrange on a baking sheet and roast for 15 minutes.
6. Remove from oven, flip, and add green beans and onions (toss quickly in the bowl from the cauliflower to lightly coat in oil & seasoning. Return to oven and cook for another 10 minutes.
7. Allow all ingredients to cool, then portion out into four 2 cup capacity storage containers.
8. Store in the fridge for up to 4 days.
9. Reheat in the microwave before serving.

## Recipe Notes

Swap pearl couscous for ¾ cup (uncooked) quinoa, brown rice or faro.

## Nutrition Facts

4 Servings; Amount Per Serving (1 lunch bowl)

Calories 364, Fat 12g, Carbohydrates 40g, Protein 25g

