Harissa Chickpea Chicken with Roasted Cauliflower

6 portions of chicken, chickpeas, cauliflower and couscous | Active 30 min | Cook 40 min | Total 65 min

Ingredients

- 2 lb boneless skinless chicken thighs (900 g), visible fat trimmed
- 1 large cauliflower, cut into 1 1/2-inch/4 cm florets (800 g edible florets)
- 2 cans chickpeas (15 oz/425 g each), drained, rinsed and patted dry (510 g drained total)
- 3 tablespoons olive oil (45 ml/42 g), divided
- 3 tablespoons harissa paste (45 g)
- 3 tablespoons lemon juice (45 ml/45 g), divided
- 2 garlic cloves (6 g), finely grated
- 2 teaspoons ground cumin (4 g)
- 3/4 teaspoon fine salt (4.5 g), divided
- 1 1/2 cups dry couscous (260 g)
- 1 1/2 cups boiling water (360 ml/360 g)
- 3/4 cup plain nonfat Greek yogurt (180 g)

Set out

Two large rimmed baking trays, each with a usable base at least 15 x 11 inches/38 x 28 cm; an additional tray or a later batch if needed for a loose single layer, Large mixing bowl, Medium heatproof bowl with cover, Instant-read thermometer, Small bowl

Allergens

Wheat, Milk, Check harissa label for additional allergens. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C with racks in upper and lower thirds. Mix 2 tablespoons oil, harissa, 2 tablespoons lemon juice, garlic, cumin and 1/2 teaspoon salt. Put half this mixture in a separate clean bowl for vegetables before adding any raw chicken.

2. Coat chicken in one half of the mixture and arrange on one tray with space between pieces. Toss cauliflower and chickpeas with the reserved clean mixture and remaining tablespoon oil; spread on the second tray. Check actual space: cauliflower and chickpeas must fit loosely in one layer, not be piled. If they crowd the tray, use an additional oven-safe tray if your oven permits adequate airflow, or roast in an extra batch and extend total time; keep uncooked chicken refrigerated until its turn.

3. Roast both trays for 30–35 minutes, turning cauliflower and rotating trays halfway, until cauliflower is tender with browned edges and chicken reaches 165°F/74°C. Remove either tray early if ready; cauliflower may need 5 minutes longer depending on size.

4. During the final 10 minutes, put couscous and remaining 1/4 teaspoon salt in the heatproof bowl. Pour over boiling water, cover and stand 5 minutes or follow the package hydration time. Fluff thoroughly.

5. Mix yogurt with remaining tablespoon lemon juice. Slice chicken and divide it, vegetables, couscous and yogurt into six equal portions. Keep yogurt separate if storing or reheating.

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Estimated nutrition per serving

Calories: 585 kcal | Protein: 46.8 g | Carbohydrate: 62.1 g | Fat: 16.7 g | Fiber: 10.4 g. One of 6 servings. Batch yield: 6 portions of chicken, chickpeas, cauliflower and couscous. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Two trays are still one batch

Rather than mixing everything after roasting, divide the cauliflower and chickpeas first, then add an equal share of sliced chicken. This prevents the first servings taking most of the crisp vegetables. Portion the couscous separately so the whole batch yields six useful meals instead of six uneven containers.

A useful detail

Do not reuse a bowl or utensil that touched raw chicken for the cooked vegetables or sauce. The coating is divided before the chicken is added for that reason. The 65-minute base assumes the stated trays and a loose vegetable layer; additional vegetable batches require longer.

Another way

For a gentler batch, use 1 tablespoon/15 g harissa plus 2 tablespoons/30 g tomato paste in place of the 3 tablespoons harissa; keep the other coating ingredients unchanged.

Replace couscous with 3 cups/585 g cooked brown rice, portioned equally; this changes cooking time and nutrition. Use freshly cooked hot rice or rice cooled and refrigerated within 1 hour of its original cooking and used within 24 hours. Reheat rice only once to 165°F/74°C and eat immediately. Rice reheated from a chilled batch must not be stored for another reheating; earlier rice cooking is outside the base time.

Keep it well

Refrigerate chicken, vegetables and couscous in shallow containers and yogurt separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days. Freeze the cooked chicken and vegetables up to 2 months. Reheat hot components to 165°F/74°C and add cold yogurt afterward. Pack chilled with two cold sources. If using the rice variation, its stricter 24-hour original-cooking limit and single-reheat rule override the longer base storage period; keep rice separate.