

# *Marinated Chicken with Tabbouleh and Rosewater Dressing*

by Healing Family Eats  
from AIP by Season eBook  
Serves 4

## marinade

1/4 cup cilantro, finely chopped  
1/4 cup mint, finely chopped  
2 large cloves garlic, minced  
zest and juice of a large lemon  
3 tbsp avocado oil  
2 large, plump chicken breasts, skin off

## tabbouleh

2 tbsp coconut oil  
1 large onion, thinly sliced  
2 large cloves garlic, minced  
1 large cauliflower, coarsely riced  
zest and juice of a lemon  
good pinch pink Himalayan salt  
1/2 cup cilantro, chopped  
1/2 scant cup mint leaves, chopped  
seeds of a large pomegranate  
rose petals to garnish

## rosewater dressing

1 tsp rosewater  
2 tbsp olive oil  
juice 1/2 lemon  
pinch Himalayan salt

Mix the marinade ingredients together in a shallow dish. Cut the chicken breasts in half lengthways and through the centre. Lay a piece of parchment paper or clingfilm over the top and flatten the breasts with a mallet or rolling pin. You want them to be around 1/4 inch thick. Add them to the dish and coat well with the marinade. Cover and leave in the fridge overnight, or for at least 6 hours. Heat a griddle or large sauté pan until hot and cook the chicken for around 2 minutes on either side, Make sure you get a good colour on the chicken and that they are cooked all the way through. Transfer to a warm plate and set aside to let them rest.



Now make the tabbouleh. Wipe out the pan and put it back on the heat. Add the coconut oil and allow it to melt. Put the onions into the pan and cook gently for 6 minutes until softened and a little golden. Add the garlic and cook for another minute. Now add the cauli rice to the pan and cook for 4-5 minutes, stirring gently once in a while. When the cauli rice is cooked, add the lemon zest and stir through. Now remove from the heat and stir in the herbs.

Meanwhile, put the dressing ingredients into a small bowl and mix well. Divide the tabbouleh between four plates, top with a piece of chicken and drizzle over some of the rosewater dressing. Garnish with pomegranate seeds and rose petals.