

Falafel Crusted Chicken Breast Skewer with Saffron Rice

Servings: 1

INGREDIENTS

- 3 oz Monarch[®] Premium Falafel Mix
- 4 oz chicken tenderloins
- 1/2 c Spanish rice
- 1/8 oz saffron
- 1/2 c garbanzo beans
- 2 oz tahini paste
- Extra virgine olive oil, as needed

PREPARATION

Prepare tahini dressing with olive oil to thin out.
Prepare saffron Spanish rice.

Slice raw chicken tenderloins into 3 each 1 oz strips and thread onto bamboo skewer. Prepare Premium Falafel Mix, allow to chill one hour. Dust chicken skewer with dry falafel mix then pack on wet mixture. Deep fry skewers. Deep fry garbanzo beans for rice garnish.

Place deep fried falafel skewers 3 each on rice and garnish with beans. Drizzle tahini oil on top or serve on the side as a dip.

