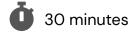




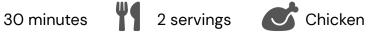
Balinese Cauli Bowl

with Smoked Chicken

All the flavours of Bali in a nourish bowl with spiced cauliflower rice, smoked chicken and sautéed vegetables, finished with a squeeze of lime and sprinkle of crispy shallots.







Mix it up!

If you're not worried about making your dinner look pretty - transform this dish into a delicious fried cauliflower rice! Chop all vegetables, slice the chicken and stirfry all together with the paste.

TOTAL FAT CARBOHYDRATES

34g

21g

46g

FROM YOUR BOX

CAULIFLOWER	1/2
CHICKEN STOCK PASTE	1/2 jar *
NASI GORENG PASTE	1/3 jar *
ZUCCHINI	1/2 *
ENOKI MUSHROOMS	1 packet
SMOKED CHICKEN BREAST	1 packet
CARROT	1
GARLIC	1 clove
SESAME SEED/FRIED SHALLOT MIX	1 packet (40g)
LIME	1

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, food processor, frypan

NOTES

If you don't have a food processor you can cut the cauliflower into small florets, coat with nasi goreng paste and roast in the oven instead. Roast for 20 minutes in a 220°C oven.

Coconut, peanut or sesame oil works well with this dish.

If you're sensitive to spice, we recommend adding 1/2 the amount of nasi goreng paste first and then more at the end, to taste.



1. PREPARE CAULIFLOWER

Cut cauliflower into small florets and pulse in a food processor until resembling rice (see notes).



2. COOK THE CAULIFLOWER

Heat a frypan over medium-high heat with oil (see notes). Add cauliflower rice, chicken stock paste and 1/4 cup (1/3 jar) nasi goreng paste (see notes). Cook for 5 minutes until softened. Take off heat and set aside.



3. PREPARE COMPONENTS

Slice zucchini into crescents. Trim and separate mushrooms. Slice chicken (to taste) and julienne (or grate) carrot. Keep separate.



4. COOK THE VEGETABLES

Heat a second frypan with **oil** over medium-high heat. Add zucchini and 1/2 crushed garlic clove. Cook for 3-4 minutes until tender. Season with **soy sauce and pepper**. Remove from pan and repeat with mushrooms.



5. FINISH AND PLATE

Divide cauliflower rice among bowls. Top with even amounts of vegetables, chicken and carrot. Garnish with sesame seed mix. Serve with lime wedges.

