



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## Smoky Chicken Strip Cauliflower Bowl

Smoky chicken strips served over cauliflower rice with pickled and fresh vegetables and a drizzle of zingy lime dressing.



25 minutes



2 servings



Chicken

7 April 2023

### Spice it up!

Switch up the spices on the chicken for cajun spice mix, chilli powder and ground cumin, dried rosemary, or even a jerk spice mix!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	35g	47g

## FROM YOUR BOX

CAULIFLOWER	1/2
LEBANESE CUCUMBER	1
CARROT	1
AVOCADO	1
CHICKEN SCHNITZELS	300g
LIME	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), honey, dried oregano, smoked paprika, stock cube (of choice)

## KEY UTENSILS

2 frypans, food processor

## NOTES

If you don't have a food processor you can grate your cauliflower or use a knife to finely chop it. Alternatively, cut it in into florets and roast.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.



### 1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



### 2. SAUTÉ CAULIFLOWER RICE

Add cauliflower to frypan. Crumble in **stock cube** and pour in **1/4 cup water**. Sauté for 6–8 minutes to warm through. Season to taste with **salt and pepper**.



### 3. PREPARE THE TOPPINGS

In a non-metallic bowl whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp honey** (see notes). Thinly slice cucumber and add to bowl. Toss to coat and set aside to pickle. Grate carrot. Slice avocado.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Cut chicken into strips and coat in **oil**, **1 tsp paprika**, **1 tsp oregano**, **salt and pepper**. Add to pan and cook for 4–5 minutes each side until cooked through.



### 5. MAKE THE DRESSING

Meanwhile, zest and juice lime. Add to a bowl along with **3 tbsp olive oil**, **1 tsp honey**, **salt and pepper**. Whisk to combine.



### 6. FINISH AND SERVE

Drain pickles.

Spoon cauliflower rice into shallow bowls. Add toppings and chicken tenderloins. Drizzle over dressing or serve on the side.



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