



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 Bowl with Cauliflower Rice

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



25 minutes



2 servings



Chicken

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
	34g	20g	20g

FROM YOUR BOX

CAULIFLOWER	1/2
LEBANESE CUCUMBER	1
CARROT	1
AVOCADO	1
CHICKEN TENDERLOINS	300g
LIME	1
HONEY SHOT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), 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 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** and **1 tsp salt** (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. Coat **chicken** 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 **honey**, **3 tbsp olive oil**, **salt and pepper**. Whisk to combine.



6. FINISH AND SERVE

Drain **pickled cucumber**.

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



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