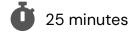


# **Smoky Chicken Bowl**

# with Cauliflower Rice

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







# 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!

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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to hello@dinnertwist.com.au



