



Roast Chicken

with Whipped Cauliflower

Crispy-skinned roast chicken breast served over whipped cauliflower, paired with a fresh tomato and mesclun salad.



35 minutes



2 servings



Chicken

FROM YOUR BOX

CHICKEN BREAST FILLET (SKIN ON)	300g
CAULIFLOWER	1/2
TOMATO	1
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

If you don't feel like whipping the cauliflower, you can roast the florets with a spice of choice in the oven and toss through the salad at the end.

1. ROAST THE CHICKEN

Preheat oven to 220°C. Pat **chicken** dry and coat with seasoning of choice (see tip). Place on a lined oven tray, skin-side up, and roast for 25–30 minutes or until golden and cooked through. Set aside to rest.

TIP *Try seasoning with garlic powder, dried oregano, or smoked paprika for extra flavour. We used a pre made harissa paste.*

2. COOK THE CAULIFLOWER

Bring a saucepan of water to boil (see notes). Cut **cauliflower** into florets and add to boiling water. Cook for 10–12 minutes until tender. Drain and blend with a stick mixer or food processor until smooth. Season with **salt and pepper** to taste.

TIP *Add butter, fresh thyme or garlic for extra richness. A splash of cream or olive oil can also enhance the texture and flavour.*

3. PREPARE THE SALAD

Cut **tomato** into wedges and toss with **mesclun leaves**. Drizzle with dressing of choice and toss to coat.

TIP *A simple vinaigrette of olive oil, lemon juice, and Dijon mustard works beautifully.*

4. FINISH AND SERVE

Slice roasted chicken and serve over a bed of whipped cauliflower. Plate alongside the fresh salad.

TIP *Garnish with cracked black pepper, fresh herbs, or a sprinkle of toasted almonds for crunch.*

This recipe has simplified instructions to help lower your meal cost.