



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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!



## 2 Creamy Cauliflower Risotto with Lemon Chicken Breast

A great alternative to traditional risotto. Cauliflower rice cooked in stock and lemon juice, served with sautéed greens, lemony chicken breast and fresh sprouts.

 30 minutes

 2 servings

 Chicken

22 October 2021

## Bulk it up!

*If you have some mushrooms, or green vegetables like zucchini, baby spinach, or frozen peas, add them to your risotto to bulk it up.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 28g **CARBOHYDRATES** 20g

## FROM YOUR BOX

LEMON	1
CHICKEN BREAST FILLET	300g
CAULIFLOWER	1/2 *
BROWN ONION	1
FETA CHEESE	1/2 packet *
GREEN BEANS	1/2 bag (75g) *
SNOW PEA SPROUTS	1/2 punnet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried sage, 1 stock cube

## 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.



### 1. COOK THE CHICKEN

Zest lemon to yield 1 tsp. Heat a frypan over medium-high heat. Coat chicken in **oil**, lemon zest, **salt and pepper**. Add to pan and cook for 10-12 minutes each side or until cooked through. Reserve pan for step 5.



### 2. PREPARE CAULIFLOWER

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



### 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion, add to pan along with **1/2 tbsp dried sage** and cook for 1 minute.



### 4. SIMMER THE RISOTTO

Add cauliflower to pan. Crumble in **stock cube** and add **3/4 cup water**. Simmer, semi-covered, for 8-10 minutes until softened. Squeeze in juice from half lemon (wedge remaining) and crumble in feta cheese, stir to combine. Season with **pepper** to taste.



### 5. COOK THE GREENS

Reheat frypan over medium-high heat with **oil**. Trim and slice green beans. Add to pan and cook for 1-2 minutes or until tender.



### 6. FINISH AND SERVE

Slice chicken breast and snow pea sprouts. Divide risotto among shallow bowls. Top with slices of chicken breast, snow pea sprouts and green beans. Serve with lemon wedges.

**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 **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

