



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

 4 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** 41g **TOTAL FAT** 21g **CARBOHYDRATES** 15g

## FROM YOUR BOX

LEMON	1
CHICKEN BREAST FILLETS	600g
CAULIFLOWER	1
BROWN ONION	1
FETA CHEESE	1/2 packet *
BROCCOLINI	1 bunch
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 2 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 tbsp dried sage** and cook for 1 minute.



### 4. SIMMER THE RISOTTO

Add cauliflower to pan. Crumble in **stock cube** and add **1 1/2 cups 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 broccolini. Add to pan and cook for 2-4 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 broccolini. 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**

