

Chicken & Cauliflower Rice

KETO FRIENDLY | GLUTEN FREE



Category:
Main Meals

INGREDIENTS

- 1 lb boneless skinless chicken thighs or chicken breast, cut into pieces
- Butter, for frying
- 1 lb cauliflower rice
- Chopped tomatoes, to taste
- Fresh spinach, to taste
- Salt, pepper and seasonings of choice, to taste Use organic ingredients whenever possible, especially chicken, butter and vegetables.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Heat butter in a large frying pan over medium heat.
2. Add the chicken thighs or breast pieces and fry until cooked through and lightly golden. Remove the chicken from the pan and set aside.
3. In the same frying pan, add the cauliflower rice and heat through, stirring to pick up the flavour from the pan.
4. Season to taste with salt, pepper and any seasonings you like.
5. Add the chopped tomatoes and spinach and heat through just until the spinach softens.
6. Stop Sugar Crave(TM) | Recipe PDF | Chicken & Cauliflower Rice
7. Return the chicken to the pan, mix gently, and serve immediately.

VICTORIA'S TIP

■ *Chicken thighs will be more tender and juicy; chicken breast gives a leaner result.* ■

APPROXIMATE NUTRITION

Nutrition varies according to the ingredients and serving size used.

RECIPE PAGE - MAIN MEALS

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