




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 Chicken and Mushroom

Yoghurt-based creamy mushroom sauce, green vegetables and chicken thigh fillets served over warm cauliflower rice.

 30 mins

 2 servings

 Chicken

10 September 2021

Switch it up!

Instead of making cauliflower rice, use the cauliflower to make mash. Cut into pieces, boil until soft. Mash with oil/butter, season with salt and pepper.

Per serve: **PROTEIN** 45g **TOTAL FAT** 13g **CARBOHYDRATES** 26g

FROM YOUR BOX

CHICKEN THIGH FILLETS	300g
CAULIFLOWER	1/2 *
CHIVES	1/2 bunch *
MUSHROOMS	1 bag (200g)
GREEN BEANS	1/2 bag (75g) *
ENGLISH SPINACH	1 bunch
NATURAL YOGHURT	1/2 tub (250g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano, balsamic vinegar, cornflour, 2 garlic cloves

KEY UTENSILS

2 large frypans, food processor or grater

NOTES

If you don't have a food processor you can finely chop the cauliflower with a knife or grate it on a cheese grater.



1. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil, 2 tsp oregano, salt and pepper**. Add to pan and cook for 6-8 minutes each side or until cooked through. Remove from pan. Keep pan for step 4.



2. MAKE CAULIFLOWER RICE

Roughly chop cauliflower. Place in a food processor and pulse until it resembles rice. Alternatively, you can chop or grate (see notes).



3. COOK THE RICE

Heat a second frypan over medium-high heat with **oil**. Cook cauliflower rice with **1 crushed garlic clove** for 6-8 minutes. Season with **salt and pepper**. Roughly chop chives. Stir through half, reserve remaining for garnish.



4. COOK VEGETABLES

Reheat pan over medium-high heat. Slice mushrooms and crush **1 garlic clove**. Add to pan with extra **oil**, cook for 2-3 minutes. Trim and slice green beans. Wash and roughly chop spinach. Add to pan. Cook for 1-2 minutes.



5. MAKE THE SAUCE

Stir in **2 tsp cornflour**. Once combined, pour in **3/4 cup water**. Simmer for 1-2 minutes until thickened. Remove from heat. Stir through yoghurt. Season with **2 tsp vinegar and salt and pepper**.



6. FINISH AND SERVE

Divide cauliflower rice among shallow bowls. Top with chicken and sauce. Garnish with remaining chives.

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