Jerk Chicken with Cauliflower Rice

Servings	4
Preparation Time	20 Mins
Cooking Time	25 Mins
Total Time	44 Mins

Nutrition Information

Calories	440.00
Protein	40.00
Protein Serve	2.50
Carbohydrates	8.50
Fat	25.75

Ingredients

- 1.00 medium Brown Onion (chopped)
- 400.00 g Cauliflower
- 480.00 g Chicken Breast (skinless)
- 250.00 ml Coconut Milk
- 2.00 tbsp Coconut Oil
- 10.00 g Coriander (fresh, chopped)
- 3.00 clove Garlic (crushed)
- 40.00 ml Lime Juice
- 1.00 tsp Lime zest

Marinade

- 0.50 tsp Chili Powder (for marinade)
- 0.50 tsp Cinnamon Powder (for marinade)
- 0.50 tsp Mixed Spice Powder (for marinade)
- 1.00 tsp Monkfruit sweetener or erythritol (for marinade)
- 2.00 tsp Olive Oil (for marinade)
- 2.00 g Salt and Pepper (to season)
- 1.00 tsp Thyme (dried, for marinade)

Instructions

1. Marinade:
2. In a medium bowl, combine olive oil, spices, thyme and monkfruit sweetener.
3. Chop chicken breast into medium size pieces, add to the bowl and coat well. Leave to marinate for at least 15mins or in the fridge overnight.
4. Cauliflower Rice:
5. Finely grate cauliflower using a cheese grater. Place the cauliflower in the middle of a clean thin tea towel and squeeze out the excess moisture.
6. Jerk Chicken:
7. Heat 1 tbsp of coconut oil in a pan over medium-high heat. Add chopped onions and sauté until softened.
8. Add in crushed garlic and cauliflower rice and cook for 2 minutes.
9. Pour in the coconut milk and cook for a further 10 minutes or until liquid has been absorbed. Remove pan from heat and stir in the lime juice and zest. Season with salt and pepper.
10. In the meantime, heat 1 tbsp of coconut oil in another pan over a medium heat and cook the marinated chicken for 10 minutes until browned.
11. Serve chicken with cauliflower rice and garnish with chopped coriander, salt, pepper and lime wedges.