

Jerk Chicken with Cauliflower Rice

Calories: 51 kcal

Servings: 4

Time: 0 Mins

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

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 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.