

Mexican Chicken and Cauliflower Rice

Calories: 0 kcal

Servings: 6

Time: 0 Mins

Ingredients

Instructions

1. Chicken:
2. Preheat the oven to 180°C / 350°F
3. Remove any excess fat from the chicken thighs, combine the marinade ingredients together and rub over the chicken thighs until completely covered, set aside to marinate
4. Spread 1 tbsp of olive oil evenly over a large tray and spread evenly, add the sliced red onion, cubed red capsicum and garlic cloves to the tray. Then place the chicken thighs evenly over the top and bake for 45 min until vegetables and chicken are cooked and slightly crispy.
5. Cauliflower Rice:
6. While the chicken and vegetables are baking, cut up the cauliflower into florets, then process or blend in batches in to a rice consistency (should take 1-2 mins each, you don't want it too fine).
7. Then stir through the spice blend, tomatoes, lime and coriander into the rice and set aside.
8. Remove tray from the oven, and place chicken thighs onto a plate. Then stir through the cauliflower rice, combining with the roasted vegetables. Once mixed, place the chicken thighs back on top of cauliflower rice and place in the oven for another 10-15mins.
9. Remove chicken cauliflower rice from the oven, squeeze some more lime juice and sprinkle the sliced red chilli and coriander over the top.
10. *See Notes for optional toppings