

# Mexican Chicken and Cauliflower Rice

<b>Servings</b>	6
<b>Preparation Time</b>	10 Mins
<b>Cooking Time</b>	15 Mins
<b>Total Time</b>	25 Mins

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## Nutrition Information

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<b>Calories</b>	256.55
<b>Protein</b>	27.70
<b>Protein Serve</b>	2.00
<b>Carbohydrates</b>	8.00
<b>Fat</b>	10.66

# Ingredients

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## Cauliflower Rice

- 1.00 whole Can of Diced Tomatoes
- 1.00 medium Cauliflower (broken into small florets)
- 1.00 tsp Chili Powder
- 1.00 handful Coriander (fresh, chopped)
- 1.00 tsp Cumin
- 0.50 tsp Dried Oregano
- 2.00 squeeze Lime Juice
- 1.00 pod Red Chilli
- 0.25 tsp Salt
- 0.50 tsp Turmeric Powder

## Chicken Marinade

- 6.00 whole Chicken Thigh
- 1.00 tsp Chili Powder
- 1.00 tsp Coriander Powder
- 1.00 tsp Cumin
- 1.00 tsp Dried Oregano
- 1.00 clove Garlic (crushed)
- 1.00 whole Limes (juice and zest)
- 1.00 tbsp Olive Oil
- 1.00 tsp Paprika (smoked, sweet)

## Vegetables

- 2.00 clove Garlic (finely chopped)
- 1.00 serve Keto Low Carb Salsa
- 1.00 whole Red Capsicum (cubed)

1.00 whole Red onion (sliced lengthways in 6ths)

- 2.00 spoons Sour Cream

## Instructions

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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 the 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

## Notes

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\*Optional: Serve with our fresh and delicious Keto Low Carb Salsa and Sour Cream and add 3.2g of carb per serve