Mexican Chicken and Cauliflower Rice

Servings	6
Preparation Time	10 Mins
Cooking Time	15 Mins
Total Time	25 Mins

Nutrition Information

Calories	102.53
Protein	0.12
Protein Serve	0.00
Carbohydrates	0.75
Fat	11.29

Ingredients

- 0.17 whole Can of Diced Tomatoes
- 0.17 medium Cauliflower
- 1.00 whole Chicken Thigh
- 0.17 tsp Chili Powder
- 0.17 tsp Chili Powder
- 0.17 handful Coriander
- 0.17 tsp Coriander Powder
- 0.17 tsp Cumin
- 0.17 tsp Cumin
- 0.08 tsp Dried Oregano
- 0.17 tsp Dried Oregano
- 0.33 clove Garlic
- 0.17 clove Garlic
- 0.17 serve Keto Low Carb Salsa
- 0.33 squeeze Lime Juice
- 0.17 whole Limes
- 0.17 tbsp Olive Oil
- 0.17 tsp Paprika
- 0.17 whole Red Capsicum
- 0.17 pod Red Chilli
- 0.17 whole Red onion
- 0.04 tsp Salt
- 0.33 spoons Sour Cream
- 0.08 tsp Turmeric Powder

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 marinade
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, tomates, 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

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