

Yoghurt Baked Chicken with Cauliflower Rice

Calories: 0 kcal

Servings: 1

Time: 40 Mins

Ingredients

- 60.00 g Chicken Breast

Instructions

1. Combine all the yoghurt mixture ingredients together in a bowl. Place chicken breast into the mixture and leave to marinate in the fridge for 20 minutes or overnight.
2. Pre-heat oven to 180°C (355°F).
3. Place chicken and yoghurt mixture into a baking dish lined with baking paper, and bake in the oven for 15 minutes or until cooked through.
4. To prepare the cauliflower rice, add olive oil to saucepan and heat, then add grated cauliflower. Cook with the lid and let it steam over medium heat for 4 minutes (no water is needed because the cauliflower itself contains enough moisture). Take off the heat and add the remaining turmeric powder and chopped coriander.
5. Serve chicken with cauliflower rice and crumble some of the baked yoghurt mixture over the chicken.