



CHICKEN CAULIFLOWER RICE

Cauliflower rice is a thing! Try this recipe for some inspiration on how to use cauliflower as a great vegetable addition to a stir fry.

 25 minutes

 40 minutes

 6 portions

INGREDIENTS

- 1 chopped cup (1/2" pieces) of cauliflower, raw (107 g)
- 1 cup diced of mushrooms, portabella, raw (86 g)
- 2 tablespoons of oil, corn, peanut, and olive (28 g)
- 1.5 cups of rice, white, short-grain, enriched, uncooked (300 g)
- 2.5 servings (8 fl oz) of beverages, water, tap, well (593 g)
- 1 Knorr unit of stock cubes, chicken (9 g)
- 2 tablespoons of oil, olive (22 g)
- 500 grams of chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw
- 1 cup chopped of carrots, raw (128 g)
- 1 cup of corn, sweet, yellow, frozen, kernels cut off cob, unprepared (136 g)
- 1 cup chopped of broccoli, raw (91 g)
- 1/2 level teaspoon of salt (3 g)

COOKING METHOD

- 1° Chop up in a food processor the mushrooms and cauliflower. Heat up 2 Tbsp. of olive oil in a frypan. Add the rice and cook until turning light brown, add the finely chopped cauliflower and mushrooms. Add 2.5 cups of water with the chicken stock and curry powder. Bring to boil then reduce the heat to a simmer.
- 2° Dice the chicken. Heat up 2 Tbsp of olive oil in separate frypan. Cook the chicken. Add the sliced carrot, frozen corn and broccoli. Cook until the vegetables are just cooked. Add to the rice dish - once rice is cooked and water absorbed. Serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (334 g)	% DRI
ENERGY	115 kcal	385 kcal	19 %
FAT	4 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	16 mg	53 mg	18 %
SODIUM	175 mg	585 mg	24 %
CARBOHYDRATE	15 g	49 g	16 %
SUGARS	1 g	3 g	—
FIBER	1 g	3 g	14 %
PROTEIN	7 g	22 g	—