



Dill & Parmesan Chicken with Cauliflower Mash

2 servings

25 minutes

Ingredients

1/2 head Cauliflower (small, cut into florets)
 1 tbsp Extra Virgin Olive Oil (divided)
 1/4 tsp Sea Salt (divided)
 2 tbsps Cow's Milk, Whole
 283 grams Chicken Breast (sliced)
 1/4 cup Parmigiano Reggiano (grated)
 2 tbsps Fresh Dill (chopped)

Directions

- 1 Steam the cauliflower for eight to 10 minutes until tender. Transfer to a container with half the oil, half the salt, and milk. Blend until creamy using an immersion blender or food processor.
- 2 Meanwhile, heat the remaining oil in a pan over medium-high heat. Cook the chicken for five to six minutes, or until cooked through. Season with the remaining salt. Remove from the heat and top with parmesan and dill.
- 3 Divide the cauliflower mash and chicken evenly onto plates. Enjoy!

Nutrition

Amount per serving	
Calories	330
Carbs	8g
Fiber	3g
Sugar	4g
Protein	40g
Cholesterol	117mg
Sodium	500mg
Vitamin A	210IU
Vitamin C	71mg
Calcium	208mg
Iron	1mg
Vitamin D	9IU

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one heaping cup of chicken and 2/3 cup of mashed cauliflower.

More Flavor: Serve with steamed peas and/or sautéed mushrooms. Season the cauliflower mash with black pepper, sautéed onion, and garlic.