CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Chicken Heart & Cauliflower Salad

Organ Meat Nutrition & Gut Support

www.consciousrewire.com

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What This Supports

Supports micronutrient intake, protein, and digestive comfort.

Why It Works

Chicken hearts provide iron and B vitamins, while cauliflower and greens add fiber.

Ingredients

Chicken Heart and Cauliflower Salad

Ingredients:

head cauliflower

5 bunch kale

Brussels sprout

lb chicken hearts, boiled

slices bacon

-2 tsp each oregano and coriander

Directions

lb chicken hearts, boiled

Rinse and boil chicken hearts 7-8 minutes, rinse with cold water when done. Set aside

Slice and low temp cook bacon. Grate cauliflower while it’s cooking

Add cauliflower and cook with 1/3 cup water. Stir occasionally

Add in kale, then brussel sprouts

Make next in centre, add chicken hearts. Cook for another 1/2 minutes

Remove from heat, add in oregano and coriander. Stir until combined

Serve with cilantro, kimchi, carrot ginger kraut, fermented salsa, oil, apple cider vinegar, chia seeds

Best Use

Use as a nutrient-dense lunch or dinner.

Food Notes & Safety

Boil organs fully and cool promptly.

Storage & Reheating

Refrigerate up to two days.