



## Cauliflower Rice Chicken Yakitori

with Sautéed Spinach



30min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.



## What we send

- 2 scallions
- 1 oz fresh ginger
- 10 oz pkg cubed chicken thighs
- 2 oz tamari soy sauce <sup>6</sup>
- 1 oz mirin
- 2 (¼ oz) toasted sesame seeds <sup>11</sup>
- 5 oz baby spinach
- ½ oz toasted sesame oil <sup>11</sup>
- 1 head cauliflower

## What you need

- neutral oil
- kosher salt & ground pepper
- garlic
- sugar

## Tools

- medium nonstick skillet
- rimmed baking sheet

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 450kcal, Fat 25g, Carbs 21g, Protein 40g



### 1. Cook cauliflower rice

Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, about 5 minutes. Season with **salt and pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet and set aside.



### 4. Broil chicken

Transfer **chicken** to a rimmed baking sheet; toss with **2 tablespoons sauce** and **1 tablespoon neutral oil**. Broil on upper oven rack until chicken is lightly charred, about 5 minutes. Flip chicken, add **scallions** to baking sheet, and carefully toss with 2 tablespoons sauce.

Continue broiling until chicken is cooked through, about 5 minutes more (watch closely as broilers vary).



### 2. Prep ingredients

Preheat broiler with a rack in the upper third.

While **rice** cooks, trim **scallions**, then cut into 1-inch pieces. Finely chop **2 teaspoons garlic**. Peel and finely chop **2 teaspoons ginger**.

Pat **chicken** dry; cut into 1-inch cubes, if necessary, then season all over with **salt and pepper**.



### 5. Sauté spinach

Heat **1 teaspoon neutral oil** in reserved skillet over medium-high. Working in batches if necessary, add **spinach** and **remaining chopped garlic**; cook, stirring, until just wilted, about 2 minutes.

Remove from heat; stir in **sesame oil** and **all of the crushed sesame seeds**. Season to taste with **salt and pepper**.



### 3. Make sauce

In a small bowl, stir to combine **tamari**, **mirin**, **chopped ginger**, and **1 teaspoon each of chopped garlic and sugar**.

Place **all of the sesame seeds** in a small bag and lightly crush them with a meat mallet or rolling pin (or heavy bottomed cup).



### 6. Serve

Fluff **rice** with a fork. Serve rice with **chicken yakitori** and drizzle **remaining sauce** on top. Serve **sesame spinach** alongside. Enjoy!