



LOW CARB

NO ADDED GLUTEN

Rosemary Lemon Chicken Patty

with Cauliflower Mash & Tuscan Kale



30-40min



2 Servings

Cauliflower is the perfect substitute for a mash that is light on carbs, but not on flavor. The cauliflower is boiled until tender, and then mashed and mixed with sour cream and butter, creating a rich, creamy mash.

What we send

- ground chicken
- cauliflower
- shallot
- fresh rosemary
- lemon
- Tuscan kale
- Parmesan
- smoked paprika
- sour cream

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- colander
- nonstick skillet
- pot
- potato masher or fork

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 63g, Carbs 21g, Proteins 43g



1. Prep ingredients

Cut **half of the cauliflower** into 1-inch florets (save rest for own use). Peel and finely chop **shallot**. Pick and finely chop **1 tablespoon rosemary leaves**. Grate **Parmesan** using the large holes of a box grater. Finely grate **½ teaspoon lemon zest**, then cut lemon into wedges. Strip **kale leaves** from stems, discarding stems; thinly slice leaves into ribbons.



4. Cook kale

Heat **1 tablespoon oil** in same skillet over medium-high. Add **kale, a pinch each salt and pepper**, and **remaining shallot mixture**. Cook, stirring, until kale is bright green, about 2 minutes. Add **2 tablespoons water**; continue to cook until water is evaporated and kale is tender, about 1 minute more. Return to bowl; cover to keep warm. Wipe out skillet.



2. Make cauliflower mash

Fill a medium pot with **salted water** and add **cauliflower florets**. Cover, bring to a boil, and simmer until soft, about 15 minutes. Drain cauliflower well, then return to pot. Using a potato masher or fork, mash cauliflower with **sour cream** and **2 tablespoons butter**. Season to taste with **salt** and **pepper**. Cover to keep warm.



5. Cook patties

Using moist hands, form **chicken** into two (5-inch) patties. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken patties**, reduce heat to medium, and cook until browned on the outside and cooked through, 3-4 minutes per side. Transfer to a plate. Reserve skillet, without wiping clean.



3. Prep chicken patties

Heat **1 tablespoon oil** in a medium nonstick skillet over medium. Add **shallots** and **chopped rosemary**. Cook, stirring, until softened but not browned, 3-5 minutes. Transfer to a bowl. Wipe out skillet. In a second medium bowl, combine **chicken, Parm, lemon zest, half the shallot mixture, 1 teaspoon of the smoked paprika, 1 teaspoon salt, and a few grinds pepper**.



6. Fry eggs & serve

Heat **1 tablespoon butter** in same skillet over medium-high. Crack **2 large eggs** into skillet; season with **salt** and **pepper**. Cook until whites are just set, 1-2 minutes. Cover and cook until yolks are just set, 1 minute. Serve **egg** on top of **patty** with **cauliflower** and **kale** alongside. Top with **browned butter** from egg skillet and **juice** from lemon wedges. Enjoy!