

DINNERLY



Keto-Friendly Chicken & Cauliflower Mash

with Parmesan & Garlic Spinach



30min



2 Servings

Cauliflower can be whatever it wants to be, and today it wants to be a silky, cheesy mash. This buttery, Parmesan cauliflower mash cozies up to garlicky spinach and hearty chicken breasts for a healthy and satisfying meal. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- ¾ oz Parmesan ⁷
- 5 oz baby spinach
- ¼ oz granulated garlic
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz all-purpose spice blend
- 1 pkt chicken broth concentrate

WHAT YOU NEED

- 5 Tbsp butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- box grater or microplane
- microwave
- potato masher or fork
- medium skillet

COOKING TIP

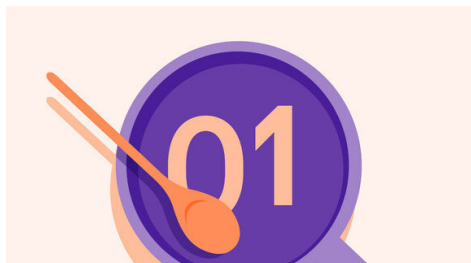
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ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

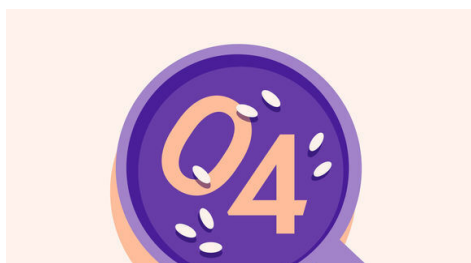
Calories 650kcal, Fat 48g, Carbs 16g, Protein 44g



1. Make cauliflower mash

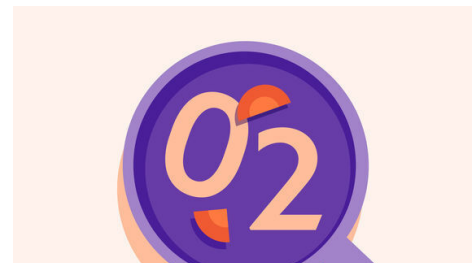
Cut **cauliflower** into ½-inch florets. Finely grate **Parmesan**, if necessary.

Place cauliflower in a microwave-safe bowl and cover with a damp paper towel. Heat until cauliflower is almost falling apart and completely fork tender, 8–12 minutes. Add **4 tablespoons butter** and re-cover. When **butter** is melted, mash cauliflower with a potato masher or fork until smooth.



4. Make pan sauce

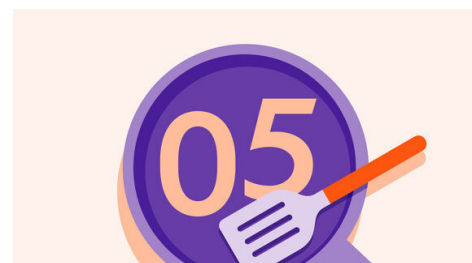
Add **1 tablespoon butter** and **1 teaspoon all-purpose seasoning** to pan; cook until fragrant, about 30 seconds. Add **¼ cup water** and **broth concentrate**. Bring to a simmer, scraping up bits from the bottom of the pan. Finish with 1 more tablespoon of butter, if desired; season to taste with **salt** and **pepper**.



2. Finish mash, cook spinach

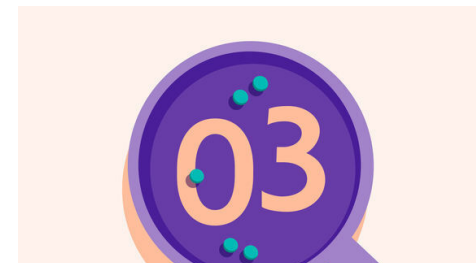
Stir **Parmesan** into **cauliflower mash** and season with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high heat. Working in batches if necessary, add **spinach** and cook until wilted. Toss with ⅛–¼ **teaspoon granulated garlic** (depending on taste preference) and season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



5. Finish & serve

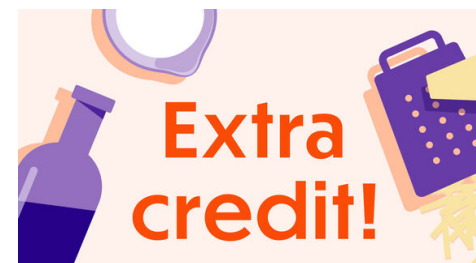
Transfer **cauliflower mash** to plates alongside **garlic spinach**. Top with **chicken** and spoon **pan sauce** over top. Enjoy!



3. Cook chicken

Pat **chicken** dry and season with **salt** and **pepper**. If skillet looks dry, heat 1 more tablespoon oil in same skillet over medium-high.

Add chicken and cook until browned and cooked through, 3–5 minutes per side. Transfer to a plate.



6. Rate your plate!

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