

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

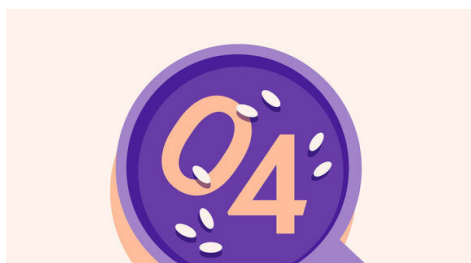
Calories 650kcal, Fat 48g, Carbs 16g, Protein 44g



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

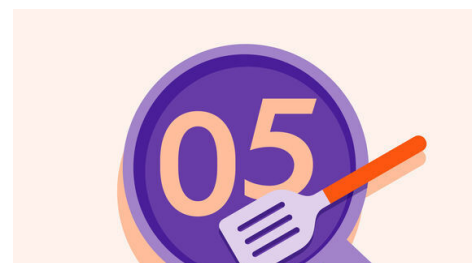
Add **1 tablespoon butter** and **1 teaspoon all-purpose seasoning** to pan; cook until fragrant, about 30 seconds. Add **¼ cup water** and **broth concentrate**. Bring to a simmer, scraping up bits from the bottom of the pan. Finish with 1 more tablespoon of butter, if desired; season to taste with **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 ½–¾ **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

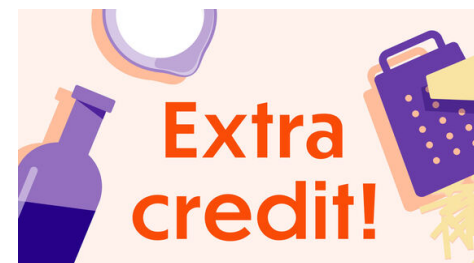
Transfer **cauliflower mash** to plates alongside **garlic spinach**. Top with **chicken** and spoon **pan sauce** over top. Enjoy!



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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.