



Chicken & Lemon Butter Cauliflower Rice

with Spinach & Parmesan



30min



2 Servings

You wouldn't expect such a supremely satisfying meal to be so low effort. Seared chicken breast bakes with tender (and low-carb!) cauliflower rice made creamy by butter and Parmesan. Just stir in spinach until wilted, then give it a squeeze of lemon—this is a one-skillet meal for the ages!

What we send

- 1 yellow onion
- garlic
- 1 pkt chicken broth concentrate
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz all-purpose spice blend
- 12 oz cauliflower rice
- ¾ oz Parmesan ¹
- 1 lemon
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- neutral oil
- butter ¹

Tools

- medium ovenproof skillet
- microplane or grater

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 24g, Carbs 26g, Protein 50g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center.

Finely chop **onion**. Finely chop **1 teaspoon garlic**.

In a separate bowl or measuring cup, stir together **chicken broth packet** and **1¼ cups warm water**.



2. Season & sear chicken

Pat **chicken** dry and season all over with **all-purpose spice blend** and a **pinch each of salt and pepper**.

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add chicken and sear until well browned on both sides, 2-3 minutes per side; transfer to a plate (chicken will not be cooked through). Return skillet to stove.



3. Start cauliflower rice

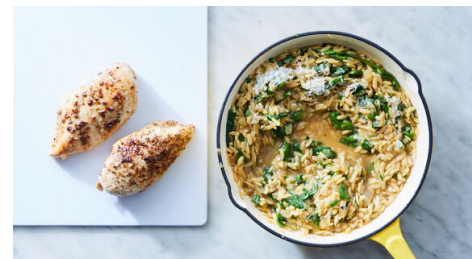
Heat **2 tablespoons butter** in same skillet over medium. Add **onions** and a **pinch of salt**; cook, stirring, until softened, 3-4 minutes.

Add **chopped garlic**; cook, stirring, until fragrant, 1 minute. Add **cauliflower rice**; cook, stirring, until lightly toasted, 1-2 minutes.



4. Bake chicken

To skillet with **cauliflower rice**, add **chicken broth** and **½ teaspoon salt**; bring to a simmer over medium-high heat. Off heat, place **chicken** on top of cauliflower rice. Cover with foil. Bake on center oven rack until water is mostly absorbed, cauliflower rice is tender, and chicken is cooked through to 165°F internally, about 15 minutes.



5. Add spinach & Parm

Meanwhile, finely grate **Parmesan**, if necessary. Into a small bowl, finely grate **1 teaspoon lemon zest** and squeeze **1 tablespoon juice**; cut any remaining lemon into wedges.

When **cauliflower and chicken** are cooked, immediately transfer chicken to a cutting board. Stir **spinach** into cauliflower in batches until wilted. Stir in lemon zest and juice and half of the Parmesan.



6. Finish & serve

Season **cauliflower** to taste with **salt** and **pepper**.

Serve **chicken and cauliflower** with **remaining Parmesan** sprinkled over top and **any lemon wedges** for squeezing. Enjoy!