

DINNERLY



Low-Carb Halal Cart-Style Chicken with Cauliflower Rice



20-30min



2 Servings

This food truck favorite is getting a low-carb twist! Gyro spice brings major flavor to lean chicken strips served alongside shredded lettuce and diced tomato. We serve the chicken and veggies over a bed of turmeric cauliflower rice that cuts the carbs without losing flavor. A generous drizzle of creamy ranch means it's time to eat! We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 plum tomato
- ½ lb pkg chicken breast strips
- ¼ oz gyro spice
- ¼ oz turmeric
- 12 oz cauliflower rice
- 2 pkts ranch dressing ^{1,2}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- unsalted butter ²

TOOLS

- microwave
- medium nonstick skillet

ALLERGENS

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

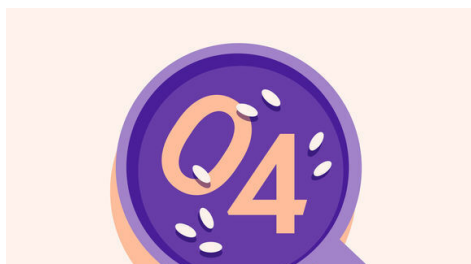
Calories 510kcal, Fat 38g, Carbs 18g, Protein 33g



1. Prep ingredients

Halve **lettuce** lengthwise. Thinly slice 1 half crosswise, discarding stem end (save rest for own use). Cut **tomato** into ¼-inch pieces.

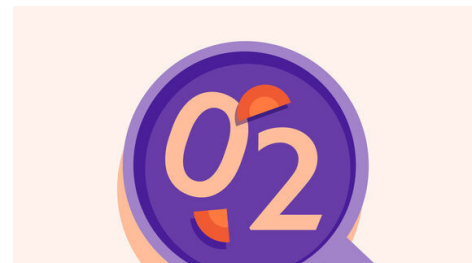
Pat **chicken** dry and cut into 1-inch pieces, if necessary. Add to a medium bowl and toss with **gyro spice** and **1 tablespoon oil**; season with **salt** and **pepper**.



4. Serve

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

Serve **chicken** and **cauliflower rice** topped with **lettuce**, **tomatoes**, and **ranch**. Enjoy!



2. Cook cauliflower rice

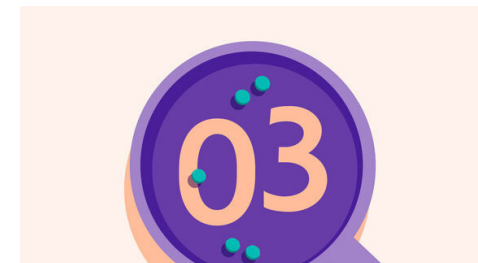
In a medium bowl, microwave **1 tablespoon butter** until melted. Add **½ teaspoon turmeric** and microwave until fragrant, whisking halfway through, 60–90 seconds.

Add **cauliflower rice** and mix until evenly coated. Cover and microwave until just tender, stirring halfway through, 5–7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



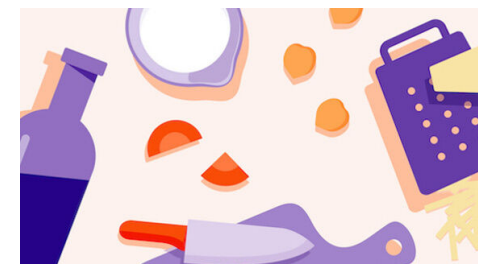
5. ...

What were you expecting, more steps?



3. Cook chicken

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, without stirring, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!