

# Almond Chicken, Zesty Slaw & Cauliflower Rice

## Ingredients – Serves 2

- 2 x Chicken breasts
- 150g red cabbage
- 1 cauliflower
- 1 lime
- 1 red chilli
- 1 tbsp oil
- 1 tbsp soy sauce
- 200g carrot
- 2 spring onions
- 2 tbsp almond butter
- Medium handful of fresh coriander



## Method:

1. Preheat the oven to 200C/ gas mark 6
2. Chop the chicken into bite size pieces, cook in a pan for 15 minutes or until cooked through.
3. Meanwhile, to make the slaw thinly slice the red cabbage and grate the carrot, put into a large bowl. Slice the spring onion, chop the coriander, finely chop half of the chilli (remove the seeds for less heat). Add half of the coriander and spring onion to the slaw, mix.
4. For the nutty dressing; in a small bowl mix the soy sauce, 3-4 tbsp of cold water, a squeeze of lime juice, almond butter and some chilli (to taste) mix well. Add half of this dressing to the slaw, coat well.
5. To make the cauliflower rice remove the leaves from the cauliflower, cut into quarters and grate the cauliflower into a rice consistency. Heat a saucepan on a medium heat, add 1/2 tbsp oil, add the cauliflower rice, remaining chopped coriander, sea salt and black pepper, cook for 3- 5 mins until hot.
6. Add the chicken to the slaw and mix.

7. Spoon the cauliflower rice on two warm plate and place the slaw and chicken on top. Garnish with remaining spring onion, chilli (to taste) and drizzle with remaining nutty dressing.