



Cilantro Lime Chicken & Cauliflower Rice



Ready to Cook Ingredients

INGREDIENTS

Needed For The Prep

1 pound boneless,
skinless, lean
chicken breast

1 bag riced
cauliflower, fresh or
frozen (12-16 oz)

1/4 cup lime juice

1/3 cup cilantro

1 red bell pepper

1 red onion

1 Tbsp. minced garlic

Needed For The Cooking

1 Tbsp. olive oil

1 fresh lime

1-2 tsp. chili powder

1 can black beans,
no salt added

DIRECTIONS: *THE PREP*

1. Chop fresh cilantro, set aside.
2. Dice bell pepper and red onion, set aside.
3. If not using pre-riced, grate cauliflower head.
4. Chop raw chicken breast into cubes.
5. In a large bowl: combine chicken, lime juice and cilantro.
Transfer to freezer bags and place in fridge or freezer. Divide into 4-5 separate bags for individual portions or keep as one.
6. In a separate mixing bowl, combine onion, bell pepper and garlic.
Transfer to freezer bag, one large or individual. Do not combine this with the bag of marinating raw chicken.

After the PREP stage, you can either:

Refrigerate for upcoming meals within the next few days, or
Freeze for meals in the coming week(s) or month(s).



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COOKING TIP

If stored in freezer: Prior to cooking, let chicken thaw on the bottom shelf in a refrigerator.

DIRECTIONS: *THE COOKING*

1. Heat olive oil in a large skillet over medium heat. Add chicken and cook until no longer pink and internal temperature is 165 degrees Fahrenheit. Remove from heat and set aside.
2. Add onion, pepper and garlic mixture to a large skillet over medium heat. (Use 2 skillets to do steps 1 & 2 simultaneously, or use 1 skillet to do them consecutively (no need to wash it)).
3. When onions are transparent, add cauliflower and chili powder.
4. Cook until cauliflower is a soft "rice-like" texture. Set aside.
5. Drain and rinse black beans.
6. If chicken cooled off while cauliflower cooked, add to skillet for the last 3-5 minutes of cooking.
7. Place rice, beans, chicken on a plate or bowl and enjoy!