



Keto Pan-Seared Chicken with Cauliflower Puree and Wilted Spinach

Active Time: 10 minutes | **Total Time:** 25 minutes | **Serves:** 2

Nutrition Information Per Serving

358.4 calories, 8.9 g carbohydrate, 3.82 g fiber, 5.08 g NET carbs, 22.26 g protein, 26.86 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1/2 tsp(s) fresh ground pepper, to taste
- 2 2/3 cup(s) organic cauliflower florets
- 1 -8 oz. breast(s) pastured skin-on chicken breast, pounded thin
- 1 Tbsp avocado oil
- 1 cup organic spinach
- 2 Tbsp(s) pastured butter
- 1 clove garlic, smashed
- 1/3 cup(s) organic chicken broth

Preparation

1. Place the cauliflower in a saucepan with broth and garlic. Cover and simmer until very tender, about 10 minutes.
2. While cauliflower cooks, season the chicken breast with half the salt. Heat the oil in a skillet (preferably cast iron) over medium high heat.
3. When oil shimmers, place chicken skin side down and cook 2-3 minutes, then flip to cook through to an internal temperature of 165 F.
4. Add butter, coconut milk and remaining salt to cauliflower and puree with an immersion blender. Alternately, transfer to a blender or food processor to puree.
5. Place cauliflower puree on a plate, top with spinach and then chicken. Serve with pan sauce.

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