

Smokey Chicken and Cauliflower Rice Bowl

With several of our favourite ingredients, like chicken, peppers, onion and cauliflower rice, this quick and healthy dinner is a great meal for 4, but is also a great meal prep option that you keep in the fridge for a few days for those days when you're short on time.

Makes: 4 servings, Prep Time: 15 minutes, Cook Time: 15 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

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You'll need:

- 4 skinless boneless chicken breasts
- 2 Tbsp olive oil, or avocado oil, divided
- 1.5 Tbsps smoked paprika
- 1 tsp garlic powder
- 1 tsp ground cumin
- sea salt and fresh ground black pepper
- 2 red bell peppers, chopped
- 1 large red onion, chopped
- 3-4 garlic cloves, pressed
- 4 cups cauliflower rice
- 1 large avocado, or 2 small ones, pitted and chopped
- 2 fresh limes
- 2 green onions, sliced

To make it:

1. Place your chicken in a shallow dish, and sprinkle with smoked paprika, garlic powder, cumin, sea salt, and pepper.
2. Drizzle one tablespoon of oil and, using your hands rub it on all sides to coat well with the seasonings.
3. Set aside for a few minutes to marinate.
4. Preheat a gas grill, stovetop grill pan, or a cast iron pan over medium-high heat.
5. Place the chicken on your preheated grill and cook for about 4 minutes on each side (Internal temperature should read 165F).
6. Once cooked through, transfer to cutting board and let it cool for a few minutes before slicing.
7. Meanwhile, heat remaining oil in a skillet over medium heat, and add in the onions, bell peppers, and garlic. Sauté for 2-3 minutes, then stir in the cauliflower rice.
8. Cook stirring frequently for about 3-4 minutes, then season with sea salt and pepper to your taste.
9. To assemble the bowls, divide the cauliflower rice and veggies among 4 bowls or into meal prep glass containers.
10. Add sliced chicken and chopped avocado equally to each bowl.
11. Squeeze lime juice over the avocado to keep it green and fresh.
12. Garnish with sliced green onions.
13. Serve immediately or refrigerate for up to 4 days.

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/partners. Click and bookmark the Partners page of our website to take advantage of our partner members' discounts on our Prepared Meal Packs and Fresh Pressed Juices!

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