

Bombay Chicken with Cauliflower Rice

Preparation and Cooking Time: 40 min

4 small serves, 2 large serves

Ingredients

- 1 small cauliflower, cut into flowerets
- ½ bunch mint
- 6 tbsp low fat natural Greek yoghurt
- 1 lemon
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tbsp balsamic vinegar
- 2 cloves garlic, peeled and chopped
- 3cm piece ginger, peeled and chopped
- 2 x 150g skinless chicken breast
- 1 tsp cumin
- 1 tsp mustard seeds
- 1 cup spinach, chopped



Directions

Preheat oven to 200°C

Place mint leaves in a blender (or use a stick blender) along with 3 tbsp natural yoghurt, juice of half a lemon and a dash of water. Blitz until smooth, then refrigerate for later.

Add remaining yoghurt to blender, along with remaining lemon juice, turmeric, curry powder, balsamic, garlic and ginger. Blitz until a smooth marinade.

Lightly score the chicken breasts to increase the surface area and coat well with marinade.

Place marinated chicken in a baking tray and sprinkle with the cumin and mustard seeds and bake in oven for 10-15mins, or until chicken is cooked through.

Remove core of cauliflower and chop in to small pieces. Blitz the cauliflower in a food processor until it resembles a rice texture. Cook in a microwave vegetable steamer for 3 minutes.

Divide cauliflower evenly between four serving bowls and top with chopped spinach, baked Bombay chicken and a dollop of mint dressing.

Nutrition Information		
	Per small serve	Per large serve
Energy (kJ)	445	891
Fat (g)	1.3	2.6
- saturated (g)	0.3	0.7
Protein (g)	17.8	35.6
Carbohydrate (g)	4	8
Fibre (g)	2.1	4.3