



Greek Chicken

with Cauliflower Spanakorizo
& Roasted Red Pepper Vinaigrette



Lean & Clean



SUPPLIES TO GATHER

- Saute pan (10 inches or larger)
- Kitchen knife & cutting board
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper

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GOBBLE LEAN & CLEAN DINNER KIT

Approximate Calories Per Serving

- Chicken breasts – **204 cal**
- Cauliflower crumbles – **30 cal**
- Spinach – **13 cal**
- Green onions – **13 cal**
- Shallot garlic confit – **40 cal**
- Roasted red pepper vinaigrette – **145 cal**
- Feta cheese – **56 cal**
- Dill – **2 cal**

ALLERGENS Milk (optional)

430cal	20g	47g	17g	5g
Calories Per Serving	Total Fat	Total Protein	Total Carbohydrate	Dietary Fiber

Use this detailed nutritional information for calculations with your preferred weight management app.

HERE'S WHAT TO DO

- Place the **chicken breasts** onto paper towels and thoroughly pat dry. Season on both sides with salt and pepper.
- Place a saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium**.
- When the oil is hot, place the **chicken breasts** into the pan. **Be careful for any oil splatter.** Cook for 4 min.
- Use tongs to turn over the **chicken breasts** and cook for 4-5 additional min. Then set the chicken aside onto a cutting board to rest.

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- Meanwhile, use a kitchen knife and cutting board to:
 - Slice the **green onions** into thin rounds.
 - Use your hands to tear apart the **dill**.
- Return the pan to the stovetop. Add 1 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, add the **cauliflower crumbles, green onions, and shallot garlic confit** into the pan. Cook for 2 min, stirring occasionally.
- Next, add the **spinach**, stir together, and cook for 1 additional min. Then **turn off the heat**, and stir in the **feta cheese** (omit for milk allergies) and freshly torn **dill**. Taste, and season with salt and pepper as desired.

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Healthy Hacks



Use **half** of the roasted red bell pepper vinaigrette for **145 fewer calories** per serving.

Please note: cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.