

Chicken over Latin-Styled Cauliflower Rice

Ingredients:

- 1 head cauliflower, cored and cut into 1" florets
- 4 (4 - 6 oz.) boneless and skinless chicken breasts
- 3 tbsp. extra virgin olive oil
- 1 onion, finely chopped
- 1 tbsp. tomato paste
- 1 tbsp. dried oregano
- 2 garlic cloves, minced
- 2 tsp. smoked paprika
- 1/8 tsp. cayenne pepper
- 1/2 c. chicken bone broth or stock
- 1 tomato, seeded and copped
- 1/2 cup green olives, rinsed, pitted and chopped
- 3 tbsp. cilantro, minced

Method:

1. Working in two batches for about 4 - 6 pulses each, pulse cauliflower in a food processor until 1/8 - 1/4" pieces, scraping sides of bowl when needed. Transfer to a bowl.
2. Cover chicken with plastic wrap and pound to an even thickness. Pat chicken dry with paper towels and season with salt and pepper. Heat 1 tbsp. oil in 12" skillet over medium-high heat. Place chicken in hot skillet and cook until brown on one side, about 4 minutes. Transfer to plate.
3. Add remaining 2 tablespoons of oil to empty skillet and return to medium heat until shimmering. Add onion and 1 teaspoon salt and cook until soft, about 5 minutes. Add tomato paste, herbs, spices and stir until aromatic. Stir in broth, scraping up any browned bits. Stir in cauliflower bits. Place reserved chicken, browned side up into skillet along with any juices. Reduce heat to medium-low, cover and cook until chicken registers 160 F, about 10 -12 minutes.
4. Transfer chicken to cutting board and let rest while finishing cauliflower rice. Stir in tomato and olives and cook until cauliflower is tender and mixture is almost completely dry, about 5 minutes. Season with cilantro, salt and pepper to taste. Transfer cauliflower rice to serving platter. Slice chicken to 1/2" thick slices and arrange on cauliflower rice. Top with cilantro sprigs and serve.