

Pan Seared Chicken with Cauliflower and Spring Onion Mash

Ingredients

- 130g chicken or turkey breast
- 200ml vegetable stock
- 120g cauliflower florets
- 10g spring onion, finely chopped
- salt and freshly ground black pepper
- chopped fresh herbs such as chives or tarragon

Preparation

1. Place the chicken or turkey breast between 2 sheets of greaseproof paper and bash with a rolling pin to flatten
2. Simmer the cauliflower in vegetable stock for 5-8 minutes until softened
3. Meanwhile season the chicken and dry fry for 5-6 minutes on each side
4. When the cauliflower is ready, drain and mash to make a chunky consistency
5. Season with salt and black pepper and stir in the spring onion.
6. Serve scattered with plenty of freshly chopped herbs



PHASE 2

Meal: Lunch or Dinner

Time: 20 minutes

Serves: 1