

## Lemon Chicken with Roasted Cauliflower and Pomegranate

**Serves 2**

*Prep time: 30 minutes*

*Cooking time: 25 minutes*

### Ingredients

2 chicken supremes (boneless, chicken breast with skin)

2 lemons

1 head of cauliflower

50g pomegranate seeds

20g pine nuts

20g parsley, roughly chopped

160g of spinach

A drizzle of pomegranate molasses

½ tsp **Suölo Reduced Sodium Sea Salt & Black Pepper** plus extra for cauliflower

### Method

1. Sear chicken skin side down in a hot frying pan until golden brown
2. Heat the oven to 180°C / 160°C Fan/Gas 4
3. Peel and juice 2 lemons, use the flesh of one, blend and add **Suölo Reduced Sodium Sea Salt & Black Pepper**
4. Marinade the chicken in the lemon puree for at least 20 minutes. Overnight is better
5. Break down the cauliflower into big florets and take half of the cauliflower and blend until it looks similar to rice. The rest of the cauliflower can be put in a tray, coated in oil and sprinkled with **Suölo Reduced Sodium Sea Salt & Black Pepper**.
6. Place in the oven to roast until the edges are crispy and golden. You can add the chicken into the oven to roast at the same time as the cauliflower - both should take roughly 20 - 25 minutes
7. Toast the pine seeds at the same time for approximately 4 minutes
8. With 5 minutes before the end of the roasting time add the cauliflower rice to the roasted cauliflower and spread out thinly to heat up and gently roast
9. Fold the parsley and spinach through the cauliflower mix when it comes out of the oven,
10. Serve by slicing the chicken and serving with pomegranate molasses drizzled over the top

### Chef tips

- Buy pomegranate seeds rather than a pomegranate to avoid a pink kitchen or clothing
- If you sear your chicken in a oven proof pan and only marinade for 20 minutes outside of the fridge, it should only take 10-12 minutes to cook in the oven