



Ginger Chicken Bowl

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 cups Cauliflower Rice
- 454 grams Extra Lean Ground Chicken
- 2 tbsps Coconut Aminos
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 Cucumber (sliced)
- 1 Carrot (medium, peeled, and grated)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	17g
Fiber	5g
Sugar	9g
Protein	44g
Cholesterol	195mg
Sodium	469mg
Vitamin A	5310IU
Vitamin C	67mg
Calcium	70mg
Iron	3mg

Directions

- 1 Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
- 2 In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
- 3 Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
- 4 Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use fresh ginger and garlic in place of ground ginger and garlic powder.

Additional Toppings: Swap cilantro out for mint for a fresh twist.