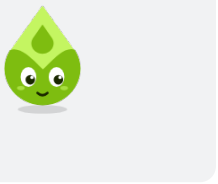
Dinner

Harvest Chicken and Cauliflower Bowl

A hearty bowl of tender cauliflower, chicken thigh and chickpeas over crisp lettuce, finished with a creamy lemon tahini dressing and a sprinkle of pepitas.

25 min	362	11.6 g	4.8 g
time	calories	carbs	sugars



Gluten free | Dairy free

Ingredients, 4 servings

- [ ] 400 g chicken thigh, cooked and chopped
- [ ] 500 g cauliflower florets
- [ ] 1 cup canned chickpeas, rinsed and drained
- [ ] 4 cups lettuce leaves
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 tablespoon tahini
- [ ] 2 tablespoons pepitas

Method

- [ ] **1** Steam the cauliflower florets until tender, then drain well and set aside.
- [ ] **2** Whisk the olive oil, fresh lemon juice and tahini together in a small bowl until smooth and creamy, then set the dressing aside.
- [ ] **3** Put the cauliflower, chicken thigh, chickpeas and lettuce leaves into a large bowl and toss gently.
- [ ] **4** Drizzle the dressing over the salad and stir gently so everything is evenly coated.
- [ ] **5** Divide the salad between 4 plates or bowls, garnish with the pepitas and serve.

Nutrition Facts

Per serving

Calories	**362**
Total fat	21.3 g
Saturated fat	3.9 g
Sodium	252 mg
Total carbs	11.6 g
Fiber	7 g
Total sugars	4.8 g
Protein	28 g

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