

# Cranberry Chicken with Cauliflower Mash and Italian Peas

Serving Size: 2

Time: 60 minutes



Ingredients	
Baked Chicken	Mashed Cauliflower
<ul style="list-style-type: none"> <li>• 2 medium boneless, skinless chicken breasts (140g)</li> <li>• 1 tablespoon olive oil</li> <li>• A pinch of salt</li> <li>• ½ teaspoon black pepper</li> <li>• 1 teaspoon garlic powder</li> <li>• 1 teaspoon onion powder</li> <li>• ½ teaspoon paprika powder</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ medium cauliflower or 1 cup cauliflower florets</li> <li>• 3 tablespoons unsalted butter</li> <li>• 1 cup water</li> <li>• ½ teaspoon black pepper</li> <li>• A pinch of salt</li> <li>• 1 tablespoon sliced green onion (optional)</li> </ul>
Italian Peas	Cranberry Sauce
<ul style="list-style-type: none"> <li>• 2 teaspoon olive oil</li> <li>• ¼ large onion, finely chopped</li> <li>• 1 clove garlic, minced</li> <li>• 150g frozen peas</li> <li>• ¼ cup of yellow capsicum</li> <li>• ¼ cup of water</li> <li>• A pinch of salt</li> </ul>	<ul style="list-style-type: none"> <li>• 50g of frozen cranberries or ½ cup</li> <li>• 2 tablespoons of Stevia</li> <li>• ½ cup Water</li> <li>• 1 tsp Orange zest (optional)</li> <li>• 1/2 tsp Vanilla essence</li> <li>• Rosemary leaves (garnishing)</li> </ul>

## PREPARATION:

### Baked Chicken

1. Preheat oven to 220 degrees for 10 minutes.
2. Lightly coat the chicken with the oil on a baking dish.
3. In a small bowl, whisk together salt, pepper, garlic powder, onion powder and paprika powder.
4. Sprinkle the seasoning mixture over both sides of the chicken and rub it in with your hands.
5. Place chicken breasts side by side, making sure there is no overlap.
6. Bake in a preheated oven for 15-20 minutes, until juices are clear.
7. While waiting the chicken to cook, prepare the Mashed Cauliflower and Italian Peas.
8. Serve with the cranberry sauce and garnish with mint leaves.

### Mashed Cauliflower

1. Halve the cauliflower through the stem. Cut a "V" shape around the core to remove the core from each half. Finely chop the cauliflower.
2. Melt the butter in a pot over medium-high heat. Add the cauliflower and sauté, stirring occasionally, until the cauliflower has lightened in colour.
3. Add the water and salt and bring to a boil. Cover and cook until the cauliflower tender, about 10 minutes.
4. Drain the cauliflower but reserve ¼ cup of the cooking liquid.
5. Placed the cauliflower into the blender/food processor to blend until puree.

### Italian Peas

1. Dump the frozen peas into a big bowl of cold water and thaw for 20 minutes.
2. Add the oil to a pan over medium heat. Add the chopped onion and sauté until the onions are soft.
3. Add the garlic and cook for another 30 seconds.
4. Add peas and water, then cover and cook for 2-3 minutes until the peas are tender and heated through.
5. Season with salt and pepper.

### Cranberry Sauce

1. Combine the cranberries, water, Stevia and orange zest in a medium saucepan.
2. Bring to a boil, then reduce heat to a gentle simmer.
3. Simmer for 10-15 minutes, until the cranberries pop and a sauce form.
4. Remove from heat. Stir in the vanilla extract.

### Healthy Tip:

- ✓ Removing chicken skin help to reduce about 1 teaspoon of oil.
- ✓ This creamy mashed cauliflower offers a lower carbohydrate and delicious alternative to mashed potatoes.
- ✓ Replacing sugar in the cranberry sauce with Stevia helps to reduce added sugar content of the dish.
- ✓ Adding capsicums to peas can enhance the colour, flavour beside increasing fibre.

### Nutrition Facts

Nutrients	Calories (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fiber (g)	Sodium (g)
Per Serving	473.8	40.5	26.6	25.1	8.9	437.7