

Lean & Green

We make healthy eating second nature

GINGER CHICKEN CONGEE

No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 30 minutes

Cuisine: Chinese

Contains: Meat, Fish

INGREDIENTS

800g skinless, boneless chicken thighs

30g fresh ginger root

6 scallions or spring onions, divided

Water, as needed

1 medium head of cauliflower (580g), trimmed and chopped into rice-like pieces*

¼ cup fresh ginger root, peeled and finely minced

1 tbsp fish sauce

1 cup cilantro, roughly chopped

1 lime, sliced into wedges

1 tsp chili oil, such as Lao Gan Ma chili oil

DIRECTIONS

1. Combine chicken thighs, 30g ginger, and 4 whole scallions/ spring onions in a large pot. Cover with water by 2.5 cm and simmer until chicken is cooked about 30 to 40 minutes. Remove chicken and set-aside until cool enough to shred. Strain broth and discard ginger and scallions.
2. Add cauliflower and simmer until it breaks apart and becomes mushy.
3. Add shredded chicken, finely minced ginger, and fish sauce.
4. Trim and dice two remaining scallions/ spring onions. Portion chicken mixture into bowls and garnish with cilantro and scallions/ spring onions. Serve with a small lime wedge and chili oil.

***Note:** To make cauliflower "rice", you may chop the cauliflower into rice-like pieces, grate the cauliflower with a box grater, or cut cauliflower into florets and lightly pulse in a food processor.

Per serving: 310 calories, 42g protein, 14g carbohydrate, 10g fat



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