



CHICKEN À LA KING WITH CAULIFLOWER CREAM SAUCE

Serves: 4 (approx. 1 cup each)



Total Time: 40 min.

Prep Time: 8 min.

Cooking Time: 32 min.

2 cups / 225 g	cauliflower rice	½ cup / 80 g	chopped onion
1½ cups / 360 ml	low-sodium organic chicken broth	¼ cup / 40 g	chopped red bell pepper, seeded
1 Tbsp.	ghee (organic grass-fed, if possible), <i>divided use</i>	¼ cup / 40 g	chopped green bell pepper, seeded
		¼ tsp.	sea salt (or Himalayan salt)
1 lb. / 455 g	raw chicken breasts, boneless, skinless	¼ tsp.	ground black pepper
1 cup / 70 g	sliced mushrooms		

1. Add cauliflower rice and broth to a medium pot over medium-high heat.
2. Bring to a gentle boil; cook for 15 minutes, or until cauliflower is very soft.
3. Add cauliflower mixture to a blender; remove cap from center of blender lid. Cover hole with a towel; blend until very smooth.
4. Heat 1 tsp. ghee in a large nonstick skillet over medium-high heat until very hot.
5. Add chicken; cook for 2 to 3 minutes. Flip; cook for 2 to 3 minutes, or until golden brown on both sides. Remove chicken from skillet. Return skillet to medium-low heat.
6. Add 1 tsp. ghee to skillet; add mushrooms. Cook, stirring occasionally, for 2 to 3 minutes, or until browned. Add onion, red bell pepper, green bell pepper, and *remaining 1 tsp.* ghee. Cook, stirring occasionally, for an additional 2 to 3 minutes, or until onion is translucent.
7. Add cauliflower mixture, salt, and pepper; bring to a gentle boil.
8. Cut chicken into ½-inch (1-cm) cubes; add to skillet. Cook, stirring occasionally, for an additional 3 to 5 minutes, or until chicken is cooked through. If sauce gets too thick, add a splash of broth to loosen.

Nutritional Information (per serving):

Calories:	203	Cholesterol:	93 mg	Fiber:	2 g
Total Fat:	7 g	Sodium:	212 mg	Total Sugars:	3 g
Saturated Fat:	3 g	Carbohydrates:	7 g	Added Sugar:	0 g
				Protein:	29 g

PORTION FIX Container Equivalents (per serving)

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THE 4 WEEK GUT PROTOCOL Container Equivalents (per serving)

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Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.