



The Gathered Green

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CHICKEN WITH CAULIFLOWER & OLIVES

Thank you to elanaspantry.com for this recipe and picture.

Serves 4

Ingredients

- 500 grams boneless, skinless chicken breast
- 1 bunch of fresh thyme sprigs
- 1 head cauliflower, cut into florets
- 1 brown onion, finely chopped
- 3 tablespoons melted coconut oil
- ½ teaspoon sea salt
- 1 teaspoon ground black pepper
- Zest of one lemon
- ¼ cup fresh lemon juice
- 1 cup Kalamata olives, pitted
- 4 cloves garlic, thinly sliced





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Method

Preheat oven to 200 degrees Celsius.

Rinse chicken breast and pat dry with a paper towel.

Spread thyme sprigs evenly in the bottom of a 7 x 11 inch baking dish.

Place chicken over thyme sprigs and scatter cauliflower around chicken.

In a small bowl, combine onions, melted coconut oil, salt, pepper, lemon zest and juice, olives and garlic.

Pour mixture over chicken and cauliflower

Refrigerate for at least one hour or overnight.

Bake in oven for 45 to 55 minutes or until chicken is cooked through and cauliflower is well browned.

Serve and enjoy!

Jane

