



Chicken Bacon Cauliflower Alfredo

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 10 - 15 MIN

Ingredients

- 3 Rashes bacon, diced
- 1 Big chicken breast
- Handful mushrooms
- 2 Tbs Butter (real butter)
- 4 Garlic cloves
- 2 Cups Greens
(Spinach/Kale/Broccolini - Zucchini is yum too)
- 1 1/2 Cups cream
- 1/2 Cup grated Parmesan cheese
- 1 Cauliflower
- Salt and pepper to taste

Directions

1. Fry bacon until crispy. Set aside in a bowl.
2. Cut the chicken breasts into pieces. Add butter in the same frying pan with the remaining bacon fat and sauté mushrooms, chicken and garlic. Set aside once chicken is almost cooked through.
3. Divide the cauliflower into small florets.
4. Add cream and greens to the pan and let boil for a few minutes. Add parmesan, bacon, chicken and mushrooms. Salt and pepper to taste.
5. Steam cauliflower for a few minutes.
6. Once cauliflower is cooked, drain thoroughly. Add to chicken and sauce. Stir and serve.
7. Top with shaved or grated parmesan.

KIARA LAWSON

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