



## Chicken, Asparagus & Mashed Cauliflower

4 servings

20 minutes

### Ingredients

- 3 cups Asparagus (ends trimmed)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 500 grams Whole Bbq Chicken (cooked, meat only, bones removed)

### Nutrition

Amount per serving	
Calories	397
Fat	27g
Saturated	7g
Carbs	11g
Sugar	5g
Protein	32g
Cholesterol	125mg
Sodium	908mg

### Directions

- 1 Preheat your oven to 220 C and line a baking tray with baking paper. Toss the asparagus with half the olive oil and lay on the baking tray. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 2 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 3 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

### Notes

**Storage,** Keeps well in the fridge for 3 to 4 days.

**More Carbs,** Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.