



Keto Friendly Lemon Garlic Chicken & Cauliflower Rice

Yields: 4 servings

Prep time: 5 mins

Cook time: 20 mins

INGREDIENTS:

- 4 chicken breast cutlets
- ½ Cup of shredded Italian cheese
- 1 tablespoon of minced garlic
- 1 teaspoon of paprika
- Salt & pepper to taste
- 1 tablespoon of Italian seasoning
- ½ Cup of onion - chopped
- ½ teaspoon of paprika
- 4 tablespoons of butter
- 1 large lemon
- 2 packages of frozen cauliflower rice
- 1 teaspoon of red chili pepper flakes
- 1 tablespoon of chopped Italian parsley
- 1 teaspoon of garlic powder

TOOLS:

- [Chantal Induction 21 Steel Sauteuse with Lid \(5 Qt.\)](#)
- **OR** [Chantal Enamel-on-Steel Covered Sauté & Serve Pan \(3 Qt.\)](#)



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PROCESS:

1. Combine Italian cheese, garlic powder, Italian seasoning, & paprika in a bowl.
2. Squeeze half of the lemon onto the chicken. Season the chicken with salt and pepper. Then, cover the breasts with the mixed seasonings.
3. Melt two tablespoons of butter in the 5 Qt. Chantal Sauteuse.
4. Saute the chicken breasts in the butter for about two to four minutes on each side.
5. Remove the cooked chicken and set aside.
6. Using the same pan, melt the other two tablespoons of butter. Add in the chopped onion and minced garlic. Saute for 2 minutes.
7. Add the cauliflower rice and cook for 3 minutes. Be sure to stir frequently.
8. Add the chicken back into the pan with the rice. Sprinkle a handful of chopped parsley and shredded cheese on top.
9. Remove from heat and stir just until the cheese has melted. Garnish with lemon slices & red pepper flakes.
10. Plate and enjoy!