



MISO CHICKEN WITH CAULI RICE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 red onion
- 2 peppers (orange and red) or
- 2 large spoons of frozen mixed peppers
- 2 chicken breasts
- 1 tsp paprika
- 1 tbsp olive oil
- 2 tbsp miso paste
- 1 tbsp maple syrup
- Cauliflower rice and broccoli to serve

METHOD

- Preheat oven to 180°C.
- Slice the onion and peppers and add to a baking dish.
- Cube the chicken and add to the dish.
- Sprinkle with paprika and olive oil and stir everything to coat.
- Add to oven.
- While cooking combine miso paste and maple syrup.
- After 15 minutes remove chicken from oven and stir in the miso paste.
- Return to oven for another 5 minutes.
- While the chicken is finishing off cooking cook the cauliflower rice and broccoli.

PREP TIME

- 30 minutes

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