

ONE PAN GREEK CHICKEN AND CAULIFLOWER



INGREDIENTS

ITEM	QUANTITY
Chicken Breast	2 lbs
Cauliflower Head	½
Greek Seasoning	3 Tbsp.
Juice Of Lemon	3 Tbsp.
Olive Oil	2 Tbsp.



PREPARATION

- Roughly chop the chicken breast and cauliflower into about 1 inch pieces.
- In a mixing bowl add chicken breast and cauliflower with greek seasoning, lemon juice, and 1 tbsp of olive oil. Toss well to coat evenly and let marinate for at least 10 minutes.
- Heat a large skillet over medium-high heat with the remaining tablespoon of olive oil.
- Once the oil is hot, add the chicken and veggies to the skillet and cook for 3-4 minutes on one side without turning.
- Flip the chicken and veggies over and cook for an additional 3-5 minutes, stirring occasionally, until the chicken is cooked through
- Once done, remove the skillet from the heat and serve immediately. Enjoy!