

GREEK CHICKEN AND CAULIFLOWER BAKE



SERVING SIZE

4



INGREDIENTS

ITEM

Chicken Breast
Cauliflower
Greek Seasoning
Lemon
Olive Oil

QUANTITY

1 Lb.
4 Cups
2 Tbsp.
1
1 Tbsp.



PREPARATION

- Preheat your oven to 400°F (200°C).
- Cut the chicken breast into bite-sized pieces and place them in a bowl.
- Wash and cut the cauliflower into florets and set aside.
- In a small bowl, mix the Greek seasoning, olive oil, lemon zest, and the juice from half of the lemon.
- Drizzle this mixture over the chicken and cauliflower. Toss everything together until the chicken and cauliflower are evenly coated.
- Spread the seasoned chicken and cauliflower in a single layer in a large baking dish.
- Place the dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and the cauliflower is tender and slightly golden.
- Once the dish is done baking, squeeze the remaining lemon juice over the chicken and cauliflower for a fresh burst of flavor.
- Serve and Enjoy!