



Carb Smart Smoky Chicken Bravas

with Cauliflower and Aioli

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Cauliflower, florets



Sweet Bell Pepper



Chili Garlic Sauce



Smoked Paprika-Garlic Blend



Parsley



Mayonnaise



Crushed Tomatoes



Garlic, cloves

HELLO SALSA BRAVA

A smoky Spanish sauce, traditionally served over roasted potatoes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

Baking sheet, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Cauliflower, florets	285 g	570 g
Sweet Bell Pepper	160 g	320 g
Chili Garlic Sauce 🌶️	1 tsp	2 tsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Parsley	7 g	7 g
Mayonnaise	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Garlic, cloves	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep and make aioli

Cut **cauliflower** into bite-sized pieces. Core, then cut **pepper** into 1-inch pieces. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Stir together **mayo** and **½ tsp garlic** (dbl for 4 ppl) in a small bowl.



Season veggies

Add **cauliflower, peppers** and **1 tbsp oil** (dbl for 4 ppl) to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.



Start chicken

Pat **chicken** dry with paper towels. Season with **salt, pepper** and **half the Smoked Paprika-Garlic Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side. Transfer **chicken** the baking sheet with **veggies**. (**NOTE:** For 4 ppl, add chicken to another unlined baking sheet.)



Roast chicken and veggies

Roast **chicken** and **veggies** in the **middle** of the oven until **veggies** are tender-crisp and **chicken** is cooked through, 12-14 min.** (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Make brava sauce

While **chicken** and **veggies** roast, heat the same pan (from step 3) over medium. Add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic** and **remaining Smoked Paprika-Garlic Blend**. Cook, stirring often, until fragrant, 30 sec. Add **crushed tomatoes** and **1 tsp chili garlic sauce**. (**NOTE:** Reference heat guide.) Cook, stirring occasionally, until heated through, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**. Divide **brava sauce** between plates. Arrange **chicken** and **veggies** over **sauce**. Sprinkle **parsley** over top and serve **aioli** on the side for dipping.

Dinner Solved!