Herb-Roasted Chicken with Garlic Cauliflower Rice

Succulent oven-roasted chicken with fragrant herbs served alongside savory garlic cauliflower rice—a perfect low-carb, high-protein meal for two.

Servings: 2 **Time:** 90 minutes

Ingredients

- 1 whole chicken (about 4 lbs)
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 4 garlic cloves, minced (divided)
- 1 medium head cauliflower (about 16 oz), grated or riced
- 2 tbsp butter
- 1/4 cup chopped fresh parsley
- Juice of half a lemon

Instructions

1. Preheat oven to 425°F.
2. Pat the chicken dry with paper towels. Rub olive oil all over the chicken.
3. Season the chicken inside and out with salt, pepper, thyme, rosemary, and half the minced garlic.
4. Place chicken breast side up on a roasting pan or baking dish.
5. Roast in the oven for about 1 hour and 10 minutes, or until internal temperature reaches 165°F in the thickest part of the thigh.
6. While the chicken roasts, heat butter in a large skillet over medium heat.
7. Add the remaining minced garlic and sauté for 1 minute until fragrant.
8. Add the riced cauliflower to the skillet, stirring frequently, cooking for 5-7 minutes until tender.
9. Remove from heat and stir in chopped parsley and lemon juice. Season with salt and pepper to taste.
10. Let the chicken rest for 10 minutes after roasting before carving.
11. Serve carved chicken with a generous portion of garlic cauliflower rice.

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